

Student- Mental Health



SAMARITANS

CALL FREE ON:
116 123

Emotional support for anyone feeling down, experiencing distress or struggling to cope.

ACTION FOR CHILDREN

CALL:
01923 361500

Charity supporting children and young people.

HOPE AGAIN

CALL FREE ON:
0808 808 1677

Support for young people going through a bereavement.

YOUNG MINDS

TEXT YM TO:
85258

Provides urgent help in a mental health crisis to young people.

THE MIX

CALL:
0808 808 4994

Helpline, email, live chat and telephone counselling service.

RE THINK MENTAL ILLNESS

CALL:
0300 5000 927

Emotional support for anyone feeling down, experiencing distress or struggling to cope.

CHILDLINE

CALL FREE ON:
0800 1111

Free 24 hour helpline, email service and online counselling for young people.



www.childrensociety.org.uk

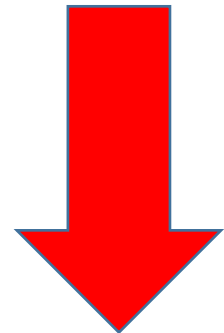
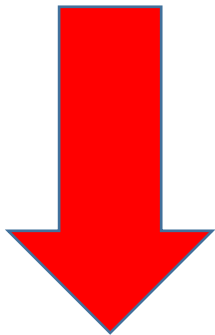
www.youngminds.org.uk

www.stem4.org.uk

www.kooth.com

www.nhs.uk/conditions/stress-anxiety-depression/

**ONLINE
SUPPORT
FOR
MENTAL
HEALTH**



www.time-to-change.org.uk

www.headstogether.org.uk

www.adolescenthealth.org