

# Helplines and Websites for Young People

If you're struggling with how you feel and need some support or advice, these organisations are there to listen.

Don't suffer in silence – talk on the phone, text, email, message, webchat or visit their websites.



**South Craven School**  
SUPPORTED BY SOUTH CRAVEN ACADEMY TRUST

## **SHOUT**

- Text 'SHOUT' to 85258 and let someone know what's bothering you – they'll help you via 24/7 text support
- [www.giveusashout.org](http://www.giveusashout.org)

## **Kooth**

- Free, anonymous online counselling, support and information
- [www.Kooth.com](http://www.Kooth.com)

## **BUZZ US**

- Text a wellbeing worker who will give you advice via text
- 07529 631168

## **Young Minds**

- Information and guides on different mental health issues
- [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Childline**

- Telephone help and counselling for anyone under 19
- Sign up for a Childline account on the website to message a counsellor anytime without using your email address
- Freephone: 0800 111 (24-hours)
- [www.childline.org.uk](http://www.childline.org.uk)

## **No Panic**

- Helpline for people suffering with panic attacks, OCD, phobias and related anxiety disorders (13-20 year olds)
- 0330 606 1174 (Monday-Friday/3-6pm/charges apply)
- Having a panic attack? Call their 24-hour crisis number with a breathing technique recording: 01952 680835

## **The Mix**

- Free confidential helpline with support and advice on any issue that's bothering you (for anyone under 25)
- 0808 808 4994 (7 days a week, 1-11pm)
- [www.themix.org.uk](http://www.themix.org.uk)

## **Youth2Youth**

- Confidential helpline run by young people, for young people (available for anyone up to 19)
- 07516 391429 (not available evenings)
- [www.youth2youth.co.uk](http://www.youth2youth.co.uk)

## **Samaritans**

- Counsellors listen to you and help you talk through your concerns, worries and troubles (for all ages)
- Telephone: 116 123 (24-hours, 7 days a week)
- [www.samaritans.org.uk](http://www.samaritans.org.uk)

## **CALM**

- Focuses on issues young men face that can lead to depression and/or suicidal thoughts
- Helpline: 58 58 58 (5pm-midnight, 365 days a year)
- [www.thecalmzone.net](http://www.thecalmzone.net) (webchat available)

## **Papyrus**

- Aimed at the prevention of suicide amongst young people
- Helpline: 0800 065 4141
- [www.papyrus-uk.org](http://www.papyrus-uk.org)

## **Anna Freud**

- Resources on wellbeing for parents and young people
- [www.annafreud.org](http://www.annafreud.org)

## **Calm Harm**

- Award-winning app developed for teenage mental health charity stem4
- Provides tasks to help you resist or manage the urge to self-harm
- Allows you to track your progress and notice changes
- [www.calmharm.co.uk](http://www.calmharm.co.uk)
- *This app is in aid of treatment but does not replace it*

## Clear Fear

- Phone app developed for teenage mental health charity stem4
- Focuses on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful, as well as changing thoughts and behaviours and releasing emotions
- Allows you to track your progress and notice changes
- [www.clearfear.co.uk](http://www.clearfear.co.uk)
- *This app is in aid of treatment but does not replace it*

## Headspace

- App that offers everyday mindfulness in just a few minutes a day
- Guided meditations on a variety of subjects
- [www.headspace.com](http://www.headspace.com)

## Five Ways to Wellbeing

1. Take Notice (be curious, be aware of what is going on around you)
2. Connect (with others; your family, friends, community)
3. Keep Learning (try something new)
4. Be Active (exercise, dance, play, move your mood)
5. Give (your time, presence, application)

