

Who Can Help

Websites

www.youngminds.org.uk

www.samaritans.org (Tel: 116 123)

www.childline.org.uk

www.rethink.org

Apps.

KOOTH – Free, Safe and anonymous online support for young people

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

SHOUT – Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text **SHOUT** to 85258 for help.

Recovery College – The Recovery College Online provides a range of online educational courses and resources to help understand mental health. www.recoverycollegeonline.co.uk

Other Useful Apps.

[NHS GO](#)

[SAM](#)

[Relax Lite](#)

Healthy Minds

Calm

[Calm Harm](#)

Contacts

CAMHS – (Child and Adolescent Mental Health Service) Single Point of Access Team (SPA) Tel: **03001 239 296**

Crisis Team – 0800 0516 171

Talking Changes - 0191 333 3300 Monday – Friday 9am – 5pm

You can use the Referral form link below to also contact Talking Changes -

<https://gateway.mayden.co.uk/referral-v2/c53195d6-f6db-4e81-bda3-63dcc7b81449>