

# **Mental health support for young people**

## **ChildLine**

Call 0800 1111 (open 24/7)  
Visit [childline.org.uk](https://childline.org.uk) for  
1-2-1 counselling services

## **YoungMinds**

Visit [youngminds.org.uk](https://youngminds.org.uk)

## **Shout**

Text SHOUT to 85258 (open 24/7)

## **Barnardo's**

Visit [barnardos.org.uk](https://barnardos.org.uk)

## **The Mix**

Visit [themix.org.uk](https://themix.org.uk)

