

BUZZ US, anonymous text in service for young people 11-18

> Text BUZZ US on 07520631168



For Mental Health Awareness week, we wanted to remind you who you can go to for support.

Samaritans, always there to listen. Free to call at any time, from any phone **25**116 123

childline

Childline, no problem is too big or small. They also offer a 1:1 chat online too **23**0800 1111



Kooth is a safe, confidential & anonymous way for young people to access emotional wellbeing and early intervention mental health support

https://www.kooth.com/

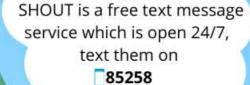


**PAPYRUS** 

Papyrus, support young people

with suicidal thoughts.

call 0800 068 4141



shout























