



## Support for Students - Useful contacts



If you feel overwhelmed and you want to talk with someone confidentially about how you feel, you can:

**Ring HOPELINEUK on 0800 068 4141 or the Samaritans on 116 123.**

**Text YM to YoungMind's Textline on 85258.**

The following organisations may also be able to help:

### **Action for Children - [actionforchildren.org.uk](https://www.actionforchildren.org.uk)**

Supports children, young people and families across England with emotional and practical care.

### **Barnardo's - [barnardos.org.uk](https://www.barnardos.org.uk)**

Practical information and emotional support.

### **Campaign Against Living Miserably (CALM) - 0800 58 58 58 - [thecalmzone.net](https://www.thecalmzone.net)**

Information and support for anyone who is struggling with things and needs to talk.

### **Childline - 0800 1111 - [childline.org.uk](https://www.childline.org.uk)**

Information and advice for young people on topics like bullying, your body and relationships.

### **FRANK - 0300 123 6600 - 82111 (textline) - [talktofrank.com](https://www.talktofrank.com)**

Confidential support, advice and information about drugs, their effects and the law.

### **Hub of Hope - [hubofhope.co.uk](https://www.hubofhope.co.uk)**

A UK-wide database of mental health charities and organisations offering advice and support.

### **Kooth - [kooth.com](https://www.kooth.com)**

Safe, anonymous online community and counselling for young people

### **Local Minds - [mind.org.uk/about-us/local-minds](https://www.mind.org.uk/about-us/local-minds)**

Local mental health services across England and Wales.

### **The Mix - 0808 808 4994 - 85258 (crisis messenger service, text THEMIX) - [themix.org.uk](https://www.themix.org.uk)**

Support and advice for young people.

### **NHS Every Mind Matters - [nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health)**

Information and advice on mental health and wellbeing for young people.

### **NHS Go - [nhs.go.uk](https://www.nhs.go.uk)**

Confidential health advice and support for young people.

### **On My Mind - [annafreud.org/on-my-mind](https://www.annafreud.org/on-my-mind)**

Information, support and resources to help young people understand more about mental health and wellbeing.

### **Tellmi - [tellmi.help](https://www.tellmi.help)**

A safe, anonymous app where you can talk to other young people about how you're feeling or what you're experiencing.