

Are you OK south west Where to find support when school is closed



www.kooth.com offers online confidential one-to-one support for young people, plus access to online self-help materials.





ONLINE, ON THE PHONE, ANYTIME e.org.uk | 0800 1111

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time.

When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

They can provide help and support for people up to their 19th birthday





For young people who identify as LGBTQ+ and/or are experiencing issues related to equality, diversity and identity. counselling@metrocharity.org.uk or call: 020 8305 5009

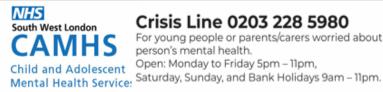


A safe, online community where people over the age of 16 support each other anonymously to improve mental health and wellbeing. The community is monitored 24/7 by trained counsellors and psychotherapists. www.togetherall.com



Alumina (previously SelfHarmUK) offers online support for young people (14-19), who self-harm or are worried they might. Visit www.selfharm.co.uk or Email helloalumina@youthscape.co.uk

For support in a crisis



Crisis Line 0203 228 5980

For young people or parents/carers worried about a person's mental health. Open: Monday to Friday 5pm - 11pm,



South West London 24-hour Mental Health Crisis Line 0800 028 8000





Young People can use the Young Minds Crisis Messenger by texting 'YM' to 85258



Free, confidential support for young people under 25. Call: 0808 808 4994 (11am-11pm)



Papyrus HOPELINE for young people experiencing thoughts about suicide. 9am to midnight, every day.

Call: 0800 068 4141 Text: 07860039967



For support in an emergency

In an emergency, please call 111 or attend A&E. Only call 999 in the case of life-threatening emergencies.