

DON'T SUFFER ALONE. PLEASE SEEK SUPPORT

URGENT SUPPORT

If you're in immediate danger, please call 999

The Samaritans 24-hour service: **Call 116 123**

Text SHOUT to 85258 if you are experiencing a mental health crisis and need support.

HELP FOR YOUNG PEOPLE

Mindline Somerset: **01823 276 892** or **0800 138 1692**

CAMHS in Somerset: www.somersetft.nhs.uk/camhs/
Call: **0300 1245012** or camhsspa@somersetft.nhs.uk

Somerset Counselling Youth: www.scya.org.uk

Childline: **0800 1111** or www.childline.org.uk

Every Mind Matters: www.nhs.uk/every-mind-matters/

Anti-bullying Alliance: www.anti-bullyingalliance.org.uk

The Mix: www.themix.org.uk/about-us

Papyrus: www.papyrus-uk.org or Call: **0800 068 4141**

Hub of Hope: www.hubofhope.co.uk

Young Minds: www.youngminds.org.uk

Kooth: www.kooth.com

Tellmi App: www.tellmi.help/what-is-tellmi

SAMARITANS

shout
85258

Mind
Somerset

Open
Mental
Health

NHS

SOMERSET
Counselling
Youth Access

childline

Better
Health **every mind**
matters

ANTI-BULLYING
ALLIANCE

THE MIX

PAPYRUS
PREVENTION OF YOUNG SUICIDE



YOUNGMINDS
fighting for young people's mental health

kooth

tellmi