Support

WE ALL NEED HELP AT TIMES. HERE ARE SOME PLACES YOU CAN FIND ADVICE AND SUPPORT

IF SOMEONE'S LIFE IS AT RISK CALL 999 OR ATTEND A&E

FOR YOUNG PEOPLE

CHILDLINE

CALL 0800 1111

WWW.CHILDLINE.ORG.UK

HOPELINE

08000 68 41 41

SHOUT

TEXT SHOUT TO 85258

BEAT

WWW.BEATEATINGDISORDERS.ORG.UK

SWITCHBOARD - LGBTQ+

SWITCHBOARD.LGBT

0800 0119 100

FOR ADULTS

NSPCC HELPLINE

0808 800 5000

SAMARITANS

116 123

WWW.SAMARITANS.ORG/

MINDED

WWW.MINDED.ORG.UK/

YOUNG MINDS

WWW.YOUNGMINDS.ORG.UK/

KIDSCAPE (BULLYING ADVICE)

020 7823 5430/WWW.KIDSCAPE.ORG.UK

CITIZEN'S ADVICE

WWW.CITIZENSADVICE.ORG.UK/

WEBSITES AND APPS

HUB OF HOPE - FIND MENTAL HEALTH SERVICES NEAR YOU

KOOTH - AN ONLINE COMMUNITY FOR SUPPORTING MENTAL HEALTH

WITH ACCESS TO TRAINED TEAMS

CALM HARM - A CBT-BASED APP TO HELP THOSE EXPERIENCING

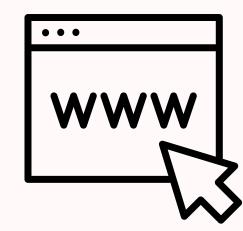
SELF-HARM

THELUCYRAYNERFOUNDATION.COM

Local Support - Surrey

IF SOMEONE'S LIFE IS AT RISK CALL 999 OR ATTEND A&E

Contacts



Mindworks Surrey -Child and Young peoples mental health service

CYP Haven - a confidential drop in service for young people

Surrey family information service

Action for Carers - support for young carers in surrey

<u>Family voices Surrey</u> - Independant guidance for families of CYPS with SEND in surrey

Health Surrey

Children and Family health Surrey



I need help now

<u>MindWorks Surrey - I need help now</u>



Open

Monday-Friday 3:30-7:30pm Sunday 1-4pm 01483519436



WWW

Surrey Crisis Helpline

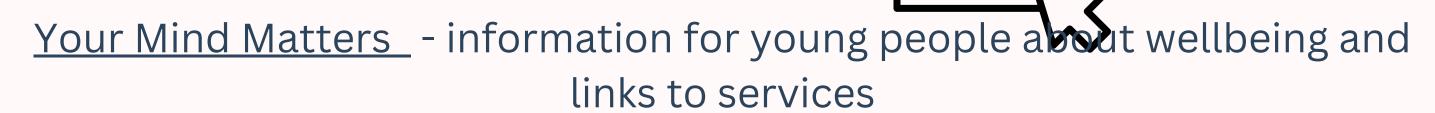
0800 915 4644 SMS for deaf and Hard of hearing 07717 989 024



Local Support - West Sussex

IF SOMEONE'S LIFE IS AT RISK CALL 999 OR ATTEND A&E

Contacts



Your Space - Emotional wellbeing information and support

Youth Emotional Support Service - How to access free service for 11-18

year olds

E-Wellbeing - digital wellbeing service

West sussex connect to support - support for individuals, families and carers

West Sussex Mind

I need help now



To access west sussex crisis line Dial **111** and select the **mental health option**

To access the West Sussex Text Crisis support

Text **Sussex** to **85258**



