

# 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](http://WWW.CHILDLINE.ORG.UK)

HOPELINE

08000 68 41 41

SHOUT

TEXT SHOUT TO 85258

BEAT

[WWW.BEATEATINGDISORDERS.ORG.UK](http://WWW.BEATEATINGDISORDERS.ORG.UK)

SWITCHBOARD - LGBTQ+

[SWITCHBOARD.LGBT](http://SWITCHBOARD.LGBT)

0800 0119 100

## FOR ADULTS

NSPCC HELPLINE

0808 800 5000

SAMARITANS

116 123

[WWW.SAMARITANS.ORG/](http://WWW.SAMARITANS.ORG/)

MINDED

[WWW.MINDED.ORG.UK/](http://WWW.MINDED.ORG.UK/)

YOUNG MINDS

[WWW.YOUNGMINDS.ORG.UK/](http://WWW.YOUNGMINDS.ORG.UK/)

KIDSCAPE (BULLYING ADVICE)

020 7823 5430/[WWW.KIDSCAPE.ORG.UK](http://WWW.KIDSCAPE.ORG.UK)

CITIZEN'S ADVICE

[WWW.CITIZENSADVICE.ORG.UK/](http://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](http://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

Family voices Surrey - Independant guidance for families of CYPS with SEND in surrey

Health Surrey

Children and Family health Surrey

## I need help now

MindWorks Surrey - I need help now

### CYP Haven support line

Open

Monday-Friday 3:30-7:30pm

Sunday 1-4pm

01483519436



### 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 Mind Matters - information for young people about wellbeing and links to services

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**

