

## If you feel you need support with your mental health and wellbeing, there are services that can help you

### The Mix

**The Mix** offers a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support.

**Call 0800 808 4994** (3pm – 12am every day)

**Text “THEMIX” to 85258** (24 hours a day, 7 days a week)

[Visit The Mix website](#)

### Childline

**Childline** run a free 24-hour helpline, email service and online and phone counselling service for children and young people in the UK. They can also provide Welsh speaking counsellors.

**Call 0800 11 11** (hours vary but usually morning until 3.30am)

[Visit Childline website](#)

### CALM

**CALM** is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason.

**Call 0800 58 58 58** (daily, 5pm to midnight)

**Free, anonymous [webchat with trained staff](#)**

[Visit the CALM website](#)

### Infoline

**Infoline** provides an information and signposting service. Ask them about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services.

**Call 0300 123 3393** (Open 9am to 6pm, Monday to Friday (except for bank holidays))

[Visit the Mind website](#)

### Supportline

**The Support line** offers confidential emotional support to children, young adults particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.

**Call 01708 765200** (hours may vary)

[Visit support line website](#)

### **HopelineUK (Crisis support for young people)**

If you are under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK.

**Call HopelineUK on 0800 068 41 41** (9am to midnight every day of the year)

**Text 07860 039967** (9am to midnight every day of the year)

[Visit Papyrus website](#)

### **Shout (Free 24-hour support)**

Offers confidential 24/7 crisis text support for times when you need immediate assistance.

**Text "SHOUT" to 85258** (24 hours a day, every day of the year)

[Visit Shout Crisis Text Line](#)

### **Samaritans (Free 24-hour listening support)**

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that is troubling you, no matter how difficult.

**Call free on 116 123** (24 hours a day, every day of the year)

[Visit the Samaritans website](#)

### **Your doctor**

Doctors can give you a safe space to talk and answer any questions you have. They can also:

- give you information
- offer you support and treatments (such as counselling and medication)
- refer you to a specialist mental health service, such as the adult mental health services (CAMHS).

**For more advice on where to find other support and for some tips on self-help visit:**

**NHS:** <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency>

**Mind:** <https://www.mind.org.uk>

**Young Minds:** <https://youngminds.org.uk>

**Rise above:** <http://www.riseabove.org.uk>