

Where to get support for you or a friend when you are not in school

For support with mental health & wellbeing



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



TALK TO US



In non-covid times they offer face to face counselling in Merton, Croydon & Sutton. At the moment they offer a text-based counselling service or telephone/videocall counselling.

www.talkofftherecord.org



childline

ONLINE, ON THE PHONE, ANYTIME
childline.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 support in a crisis



Crisis Line 0203 228 5980

For young people or parents/carers worried about a young person's mental health.

Open: Monday to Friday 5pm – 11pm,

Saturday, Sunday, and Bank Holidays 9am – 11pm.



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

or

contact Samaritans 24/7 on 116 123

For support in an emergency

In an immediate health or mental health emergency, contact **999** or attend **A&E**