catch 22

HELPLINES, APPS AND WEBSITES IF YOU NEED HELP NOW

	PHONE 	WEBSITE 	ONLINE CHAT? 
Childline Free, confidential service where you can talk about anything you want	0800 1111 free 24/7	www.childline.org.uk	
The Mix Info and support for the under 25s for all kinds of issues	0808 8084994 free not 24/7	www.themix.org.uk	4 - 11pm 
Young Minds Mental health support	Crisis text messenger 85258 free 24/7	www.youngminds.org.uk	
Runaway Helpline Support when you have gone missing	116000 free confidential 24/7	www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html	
Kooth Free, anonymous online counselling and support for young people	Mon – Fri 12pm – 10pm Sat – Sun 6pm – 10pm	www.kooth.com	
Help at Hand Support, advice and info for young people in care	0800 528 0731 free not 24/7	www.childrenscommissioner.gov.uk/help-at-hand	

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stopitnow! Help if you are worried about your online behaviour or someone else's	0800 1111 free 24/7	www.childline.org.uk	
The Mix Info and support for the under 25s for all kinds of issues	0808 1000 900 free confidential weekdays 9am-9pm	www.stopitnow.org.uk	
B-eat Support with eating disorders	0808 801 0711 or 0808 801 0677 free confidential not 24/7	www.beateatingdisorders.org.uk	✓
Brook Sexual health advice for under 25s	X	www.brook.org.uk	
Children's Society Support with various mental health and emotional issues for 13-17s	X	www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17	
SelfHarm UK Support with self harm	X	www.selfharm.co.uk	
Shout Crisis text messenger service (any age)	Text 85258 24/7	https://www.giveusashout.org/get-help/	
IMAlive Online crisis messenger service (based in US)	24/7	https://www.imalive.org/	✓
Calm Harm Free app to help manage self-harm urges	X	https://calmharm.co.uk/	

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The Hideout Domestic Abuse website for young	X	http://thehideout.org.uk/	
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
CEOP Reporting online sexual abuse or content	X	https://www.ceop.police.uk/safety-centre/	
Samaritans Free confidential support line for people who are feeling desperate	116 123	https://www.samaritans.org/	On it's way! Chat will be available soon.
MeeTwo Free mental health support app for young people to talk to experts or people with similar issues	X	https://www.meetwo.co.uk/	anonymous posts in the app allow chat with other people (posts moderated in advance)
Fearless Information and advice about youth crime.100% anonymous crime reporting	X	https://www.fearless.org/en	
101 Non-emergency Police number. **For emergencies DIAL 999.**	101 15p per call	https://www.giveusashout.org/get-help/	
111 Non- emergency health advice. **For emergencies DIAL 999**	111 Call if you are seriously worried about symptoms 24/7 free	https://111.nhs.uk/ Use website if your enquiry isn't serious	