



Further sources of support and information



Samaritans

If you are struggling to cope or need someone to talk to in confidence, the Samaritans are available 24/7. You can download the Samaritans Self Help App. You can call 116 123 (24/7) or email: jo@samaritans.org.

www.samaritans.org



Papyrus

Preventing suicide in the young and promoting positive mental health.

0800 068 4141, or text 07860 039967, email pat@papyrus-uk.org.

www.papyrus-uk.org

Gloucestershire Self Harm Helpline



Gloucestershire Self-Harm Helpline

Supports people who self-harm, their friends, families and carers.

0808 801 0606, or text **07537 410 022**, 5pm-10pm daily.

www.gloucestershireselfharm.org

YOUNGmINDS

Young Minds

Young Minds provide support for mental health. They have lots of practical tips and advice for young people and provide more information about the support that you can access. They have a free text helpline called Shout.

To access this just text YM to 85258 for free, 24/7 support.

www.youngminds.org.uk

NSPCC

NSPCC

The NSPCC work to keep children safe and provide support for young people experiencing difficulties.

If you have any concerns or worries or would just like someone to talk to, you can contact their Childline on **0800 1111**.

Childline counsellors are there to take calls 24 hours a day, 7 days a week. They are also available to speak to online through 1-2-1 chat and via email.

www.nspcc.org.uk



Childline's Report Remove

Helping under 18s to confidentially report sexual images of themselves and have them removed from the internet.

www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove



On Your Mind Gloucestershire

Children and young people's mental health NHS: www.onyourmindglos.nhs.uk.

You can find support at the link above by using the Gloucestershire NHS 'Support Finder', which is an anonymous service to help you find the most appropriate support for you.
