






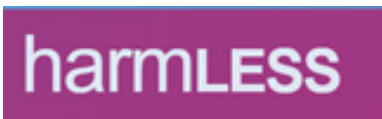



# Emotional Support - Websites and Apps



SUPPORT GROUP	OFFERS	CONTACT DETAILS
	<p><b>KOOTH</b> Free online counselling and emotional wellbeing platform for young people</p>	<p><a href="http://www.kooth.com">www.kooth.com</a></p>
	<p><b>SHOUT</b> Crisis text line – free text service and text received back</p>	<p><b>85258</b></p>
	<p><b>PAPYRUS</b> Prevention of young suicide</p>	<p><a href="http://Papyrus-uk.org">Papyrus-uk.org</a> <b>0800 068 4141</b></p>
	<p><b>YOUNG MINDS</b> Advice and support for young people affected by mental health concerns</p>	<p><a href="http://Youngminds.org.uk">Youngminds.org.uk</a></p>
	<p><b>MIND</b> National mental health charity</p>	<p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
	<p><b>CHILDLINE</b> Phone line and online chat for young people</p>	<p><a href="http://www.childline.org.uk">www.childline.org.uk</a> <b>0800 1111</b></p>
	<p><b>SAMARITANS</b> Free online support or free phone number 24 hours a day</p>	<p><a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <b>116 -123</b></p>
	<p><b>NHS HarmLESS</b> For information and support on self harm</p>	<p><a href="http://www.harmless.nhs.uk">www.harmless.nhs.uk</a></p>
	<p><b>THE MIX</b> Support for young people under 25</p>	<p><a href="http://www.themix.org.uk">www.themix.org.uk</a> <b>0808 8084994</b></p>