

Mental Health Support

CHILDREN AND YOUNG PEOPLE

LSCFT- access urgent or general mental health support, 24 hours a day, seven days a week.

0800 013 0707



Chat opening hours (Christmas and New Year period)

Saturday 24th December

Christmas Eve
4pm-8pm

Sunday 25th December

Christmas Day
4pm-8pm

Monday 26th December

Boxing Day
4pm-8pm

Tuesday 27th December

Bank Holiday
4pm-8pm

Saturday 31st December

New Years Eve
4pm-8pm

Sunday 1st January

New Years Day
4pm-8pm

Monday 2nd January

Bank Holiday
4pm-8pm

kooth.com

Young Minds

If you're a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free 24/7 support across the UK.

If you need urgent help text YM to 85258

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

PAPYRUS HOPELINEUK:

Advisers work with you to understand why thoughts of suicide might be present. They also provide you with a safe space to talk through anything happening in your life that could be impacting on yours or anyone else's ability to stay safe:

Call: [0800 068 4141](tel:08000684141) Text: [07860039967](tel:07860039967) Email: pat@papyrus-uk.org

Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included)

CHILDLINE:

For instant support, please contact Childline for free on 0800 1111. You can talk to them about anything; no problem is too big or too small.

SAMARITANS:

You can call The Samaritans anytime, day or night, on 116 123. They also have a variety of other contact methods that can be found here: www.samaritans.org/how-we-can-help-you/contact-us

TOGETHERALL:

Get Support, Take control, Feel better

Anyone over 16 can access this online peer support forum 24 hours day



NHS MENTAL HEALTH CRISIS LINE:

If you need urgent help as you are in mental health distress and you are over 16 you can call [0800 953 0110](tel:08009530110) - 24 hours seven days a week