

Who Can I Talk to If I Need Emotional Support?

Don't suffer in silence. There are lots of places where you can get help and find someone to talk to. You are not alone.

Talk to someone that you can trust at school: a teacher; your head of year; or pastoral staff.

Go and see your GP. You can make your own appointment if you are struggling to talk to someone at home.

There are also many organisations that are there to listen. Pick up the phone or go online to find these.

Childline

- Freephone 0800 1111 (24 hours)
- www.childline.org.uk | online chat | message boards

Childline is a free helpline for children and young people. It provides confidential telephone counselling service for any young person with a problem.



The Mix

- Freephone 0808 808 4994 (7 days a week 1pm-11pm)
- www.themix.org.uk

Free, confidential telephone and email helpline that will help you find the best help, whatever your problem.

HeadMeds

- www.headmeds.org.uk

This offers information on mental health medication. This is a good way to find out about the medication you are taking and to ask questions you may not feel able to ask your GP

FRANK

- Freephone 0800 77 66 00 (24-hour service, free if calling from a landline and won't show up on the phone bill. Also provides translation for non-English speakers)
- www.talktofrank.com

If you have a concern about yourself or someone you know who has an alcohol or drug problem, then get in contact with FRANK and they will be able to help.

B-EAT youth helpline

0845 634 7650 (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm)

- Email fyp@b-eat.co.uk
- Online community

This offers information, help and support for anyone affected by eating disorders.

Youth Access

- Visit www.youthaccess.org.uk to search their directory of services for help in your area.
- Signposting service: 0208 772 9900 (Mon – Fri from 9am-1pm & 2-5pm)

An organisation for youth information, advice and counselling agencies. Provides information on youth agencies to children aged 11-25 and their carers. It does not provide direct advice but can help you find someone in your area to support you.

Samaritans

- Tel: 08457 90 90 90 (24 hrs 7 days a week)
- www.samaritans.org

Samaritans listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.



**Remember: you are not alone.
There are people who can
support you.**