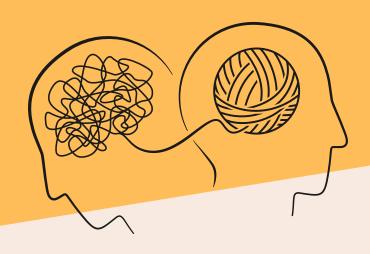
WHAT CAN I DO IN A CRISIS?

MENTAL HEALTH





Text the word
SHOUT to 85258
for free, anonymous
support that won't show
up on your phone bill.

You don't need to register,
download an app or
use mobile data.
For more information,
visit giveusashout.org.

shout
85258

SHOUT

Text the word SHOUT to 85258. It is free, confidential and text-based.

Text SHOUT to 85258 Free, confidential support, 24/7

CAMHS crisis team

You can call CAMHS Crisis team on 08000 51 61 71, press option 3 then option 1.





Samaritans

Call 116 123 and someone will just listen to you. Its free and they are always open.

HopeLine

Call Hopeline on 0800 068 4141. They are open 10am - 10pm during the week and 2pm - 10pm at the weekend.





ChildLine

Call ChildLine on 0800 11 11, you can talk to them about anything, and it's completely free.



