



Local advice & support organisations

Kooth: Mental wellbeing - <https://www.kooth.com/>

Childline: phone or talk 24-hour support 0800 1111

Youngminds: mental health advice, guidance, signposts to people who can help.
020 7089 5050.

Samaritans: Free text, email and calling service. 116-123 or jo@samaritans.org

Stem4: Supporting teenage mental health, signposting and further information -
<https://stem4.org.uk/>

Chathealth: School health texting service – 07507330205

42nd Street: theteam@42ndStreet.org.uk