



YOU'RE NOT ALONE

SUPPORT IS HERE FOR YOU

THIS SUMMER



Whatever you're going through,
you don't have to face it alone.
Support is just a text or click away.



GET SUPPORT

shout
85258

Text **SHOUT** to 85258

Free, confidential 24/7
text support for any
mental health challenge.



24/7

kooth

Visit **kooth.com**

Free, safe and anonymous
online support. Chat with
counsellors, join forums
and get support.



MONDAY – FRIDAY: 12PM – 10PM
WEEKENDS & BANK HOLIDAYS: 6PM – 10PM



**SPEAK TO
SOMEONE
YOU TRUST**

Reach out to someone
you trust – a friend,
family member or a
trusted adult in your life.
You don't have to go
through it alone.



ANY TIME

MORE SUPPORT OPTIONS

SAMARITANS

116 123

Call free any time,
24/7 if you need
someone to listen.

24/7

PAPYRUS

PREVENTION OF
YOUNG SUICIDE

0800 068 41 41

Confidential support
and advice for young
people under 35.

9AM – MIDNIGHT
EVERY DAY

CHILDLINE

0800 1111

Free, confidential
support for anyone
under 19.

24/7

NHS 111

111

For urgent mental
health advice and
support.

24/7

QUICK STRATEGIES THAT CAN HELP



BREATHE

Take slow,
deep breaths.
In for 4,
out for 4.



LISTEN

Put on your
favourite song
or playlist.



WRITE

Get your
thoughts out
on paper.



MOVE

Go for a walk,
stretch or do
something
active.



CONNECT

Message or call
someone who
makes you
feel good.



TAKE A BREAK

Step away from
screens and do
something that
helps you relax.



CREATE & ENJOY

Do something
creative or fun
that makes you
feel good.



**IT'S OKAY TO
ASK FOR HELP.**
You're stronger
than you think.



**YOUR FEELINGS
MATTER.**
This feeling
won't last forever.



**YOU ARE
IMPORTANT.**
Take things one
step at a time.

