



<https://youngminds.org.uk/>

Parent helpline 9 30 – 4pm  
0800 802 544

24 hour text support in  
the UK

Help and support  
Christmas and  
beyond



<https://www.kooth.com/>

On line mental wellbeing  
support



<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>



Calm and Headspace  
apps to help reduce  
stress and anxiety.  
[www.headspace .co](http://www.headspace.co)  
[www.calm.com](http://www.calm.com)

## Support over Christmas



**Christmas can be a difficult time.**

There are trained people who care and want to help anyone struggling or needing extra support.

Visit [prevent-suicide.org.uk/find-help-now](https://prevent-suicide.org.uk/find-help-now) for a full list.

### Samaritans

Call 116 123  
Email [jo@samaritans.org](mailto:jo@samaritans.org)  
Open 24/7

### CALM

Call 0800 58 58 58  
Open 5pm to midnight

### Switchboard

LGBTQ Support Helpline  
Call 0300 330 0630  
Open 10am-10pm

### Shout

Crisis text service  
Text "Shout" to 85258  
Open 24/7

### The Silver Line

For older people  
Call 0800 4 70 80 90  
Open 24/7

### Papyrus

For young people  
Call 0800 068 41 41  
Open 9am-midnight