

Helpline services available

Lifeline

- Crisis response line for people in distress or despair (Mental Health, Depression, Suicidal thoughts)
- Phone 0808 808 8000 (24 hours)



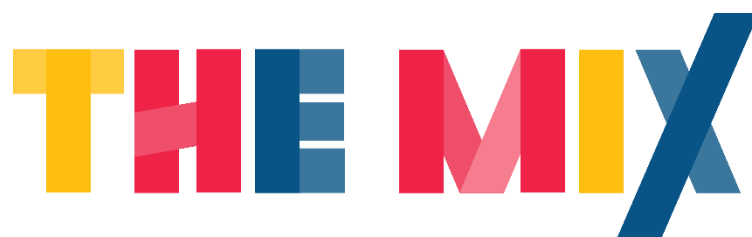
Childline

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)
- www.childline.org.uk - Chat 1-2-1 with a counsellor online



The Mix

- Crisis messenger text service (Suicidal thoughts, Mental Health, General Advice)
- Phone 0808 808 4994 (24 hours)
- [Get support online](#)



Anna Freud National Centre

- Supporting young people's mental health during periods of disruption (Anxiety, Mental health)
- www.annafreud.org



Anna Freud
National Centre for
Children and Families