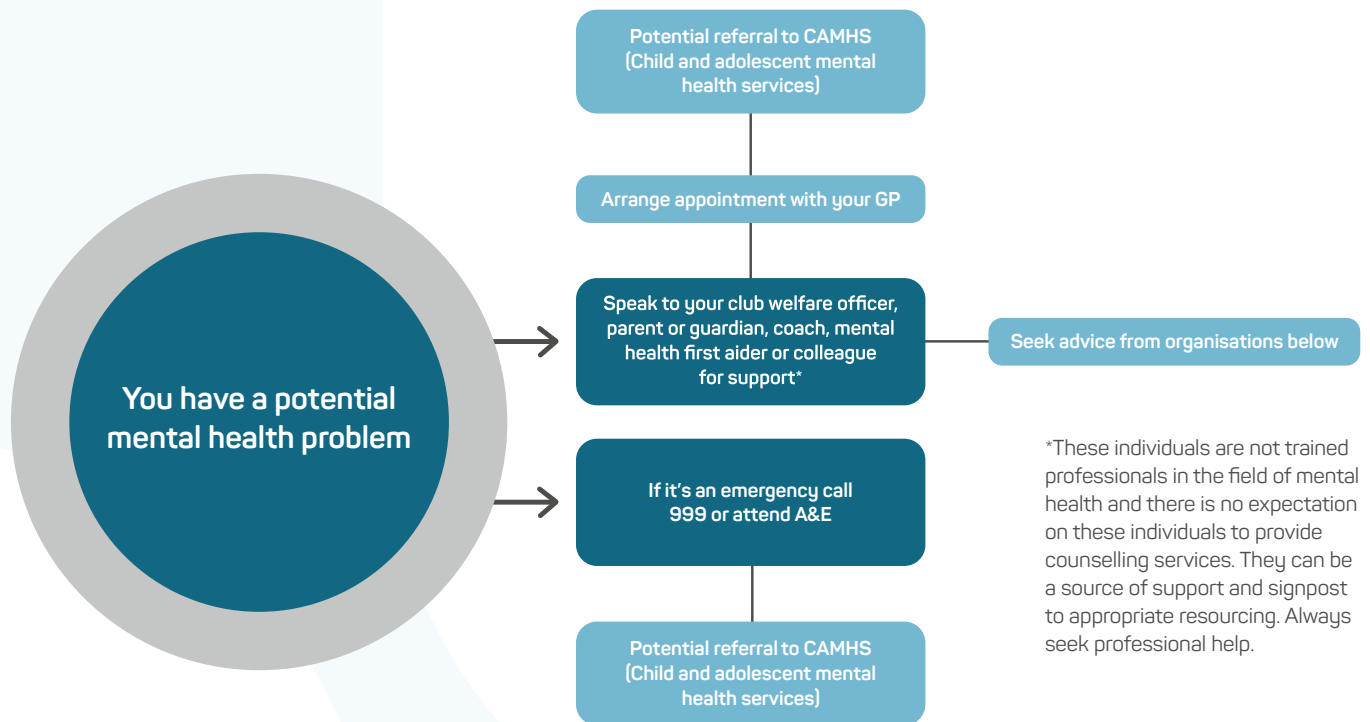


Mental Health Help



Help lines available

Samaritans

Free phone: 116 123
[samaritans.org/how-we-can-help/contact-samaritan/](https://www.samaritans.org/how-we-can-help/contact-samaritan/)

Mind

Helpline: 0300 123 3393
Text: 86463
[mind.org.uk/information-support/helplines/](https://www.mind.org.uk/information-support/helplines/)

NHS mental health helplines

[nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

The Mix

Free phone: 0808 808 4994 (13:00-23:00 daily)
[themix.org.uk](https://www.themix.org.uk)
If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Self-Harm

[youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/](https://www.youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/)

Eating Disorders

BEAT (beating Eating Disorders)

Helpline: 0808 801 0677
Youthline: 0808 801 0711
[beateatingdisorders.org.uk/](https://www.beateatingdisorders.org.uk/)

Childline

Help line available specific for young people

Free phone: 0800 1111
[childline.org.uk/info-advice/](https://www.childline.org.uk/info-advice/)

Swimline

Helpline: 0808 100 4001