

## Resources for Children & Young People

If you need help, advice or information one of the organisations below may be able to help you.

### Shout

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

- Text: CONNECT to 85258
- For: anyone in the UK
- Available: free, 24 hours a day
- More info: [giveusashout.org](http://giveusashout.org)

### Centre 33

Centre 33 offers free and confidential support and information to young people. If you need someone to talk to the phone lines are open between 12-4pm, Monday to Friday. The rest of the time messages and emails are picked up once a day during the week and someone will get back to you within 48 hours.

- <http://centre33.org.uk/>
- Tel: 0333 4141809
- Text/whatsapp: 07514 783745
- Email: [help@centre33.org.uk](mailto:help@centre33.org.uk)

### Childline

Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.

- Call : 0800 1111
- Available: free, 24 hours a day
- More info: [childline.org.uk](http://childline.org.uk)

### YoungMinds Crisis Messenger

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support: -

- Text: YM to [85258](http://85258).
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

### Papyrus

PAPYRUS is the national charity dedicated to the prevention of young suicide.

There is a lot of information on their website:-

- [www.papyrus-uk.org](http://www.papyrus-uk.org)

They also have a helpline called **HOPELINEUK** which is for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking about suicide. It offers confidential support and practical advice:-

- Call: [0800 068 4141](http://0800 068 4141)
- Text: [07860039967](http://07860039967)
- Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- Mon-Fri 9:00 am to 10:00 pm; Weekends 2:00 pm to 10:00 pm;  
Bank Holidays 2:00 pm to 10:00 pm

### **Voices in the Middle**

Voices in the Middle is a dedicated place for young people (aged 13 – 19) to find help and support when in the middle of divorce and separation. It also provides information and resources for parents about how to talk to and support their teenager in the middle of divorce and separation, including their rights, well-being and protecting their family relationships.

- <https://www.voicesinthemiddle.com/>

### **The Children's Society**

The Children's Society has a lot of information on their website about mental health issues and you can find it at: -

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault>

### **Kooth from XenZone**

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

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

### **Cruse**

Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies. Cruse offers a range of services, including telephone, and email support.

Contact:

- National Helpline: 0808 808 1677
- Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Cruse also offers Hope Again which is a website for young people and you can send a private email to a trained volunteer:-

- Email: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

### **Samaritans**

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland.

Whatever you're going through, call free 24/7, from any phone.

- Phone: 116 123.
- Email: [jo@samaritans.org](mailto:jo@samaritans.org)

If you don't have easy access to a computer or telephone, or just don't like email or talking on the phone, you can write for free here:

- Write to : Chris , Freepost RSRB-KKBY-CYJK , PO Box 9090 , STIRLING FK8 2SA