

**Struggling to cope?  
Text SHOUT to 85258**

**NSPCC**  
nspcc.org.uk

**childline** Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

Visit [childline.org.uk](http://childline.org.uk) for more information and advice.

**THE MIX**  
Essential support for under 25s

☎ 0808 808 4994

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

**kooth**

Kooth is an online, free, safe and confidential way to receive counselling, advice and support.

Visit [www.kooth.com](http://www.kooth.com) for support 24/7 365 days of the year.