

You can still access support over the holiday period

kooth



We're online every day including **Christmas Day**

Sign up for free at **Kooth.com**

Kooth is an online, free, safe and confidential way to receive counselling, advice and support. Visit www.kooth.com for support 24/7 365 days of the year.

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

childline Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

Visit childline.org.uk for more information and advice.

NSPCC
nspcc.org.uk

For Parents/Carers

From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.

Call 0808 800 5000 or visit

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/>

For Children

If you need help or advice you can call **childline** anytime on **0800 1111**

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.

From all here at Meadowhead, we wish you a wonderful festive period. However, if you are concerned over the Christmas holidays and need someone to speak to here are some useful contacts.

Click the images to visit the website.

