

WHO ELSE CAN HELP?



If you feel you need support during the Summer the following Agencies can help

Counselling

KOOTH WEBSITE

WWW.KOOTH.COM

Online counselling support and advice for young people

The Mix Counselling service

<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

Helplines & Interventions

BARNARDOS [0808 808 1766](tel:08088081766)

CAMHS [0300 123 6661](tel:03001236661) CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

No Panic Crisis Number for 24/7 recording of breathing techniques on [01952680835](tel:01952680835). Confidential helpline 10am-10pm on [08449674848](tel:08449674848).

CHILDLINE [1111](tel:1111)

YELLOW DOOR [02380 636312](tel:02380636312)

STEPS TO WELLBEING [0800 612 7000](tel:08006127000)

NO LIMITS [02380 224 224](tel:02380224224) www.nolimitshelp.org.uk Advice and support for young people in all aspects of mental health

STEM 4 - www.stem4.org.uk Interventions and support for young people's mental health

Solent Pulse Text Service [07491 163 278](tel:07491163278)

POLICE/AMBULANCE 999

Apps

Mindshift App

Calm App