

Where to get help

Below are some helplines and websites that have information and advice to support you.

YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

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.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Text: YM to 85258

Opening times: 24/7

The Mix

Offers support to anyone under 25 about anything that's troubling them.

Email support available via their [online contact form](#).

Free [1-2-1 webchat service](#) available.

Free short-term [counselling service](#) available.

Phone: 0808 808 4994

Opening times: 4pm - 11pm, seven days a week

“ It is a really difficult thing to do - admitting that you are vulnerable is challenging - but reaching out can do the world of good.”