**Safe ways for children and young people to access mental health support online**

**Young Minds**

* [www.youngminds.org](http://www.youngminds.org)
* Parents Helpline: 0808 802 5544 - YoungMinds’ Parents Helpline is available to offer advice to anyone worried about a child or young person’s behaviour, emotional well-being, or mental health condition up to the age of 25. Support is available Monday to Friday 9.30am – 4pm, free for mobiles and landlines.

**YoungMinds Crisis Messenger**

* Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
* If you need urgent help text YM to 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.

**Samaritans**

* [www.samaritans.org](http://www.samaritans.org/" \o "www.samaritans.org" \t "_blank)
* If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.
* Freephone (UK and Republic of Ireland): 116 123 (24 hours)
* Email: [jo@samaritans.org](mailto:jo@samaritans.org" \o "jo@samaritans.org" \t "_blank)

**Childline**

* [www.childline.org.uk](http://www.childline.org.uk/" \o "www.childline.org.uk" \t "_blank)
* If you're under 19 you can confidentially call, email, or chat online about any problem big or small
* Freephone 24h helpline: 0800 1111
* [Sign up for a childline account](https://www.childline.org.uk/registration/" \o "https://www.childline.org.uk/registration/" \t "_blank) on the website to be able to message a counsellor anytime without using your email address
* Chat 1:1 with an [online advisor](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/" \o "https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/" \t "_blank)

**The Mix**

* [www.themix.org.uk](http://www.themix.org.uk/" \o "www.themix.org.uk" \t "_blank)
* If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
* Freephone: 0808 808 4994 (13:00-23:00 daily). 1-2-1 Chat, and Crisis Messenger accessed through the webpage

**Calm Harm app**

* [www.calmharm.co.uk](https://calmharm.co.uk/" \o "Calm Harm App" \t "_blank)
* a free app providing support and strategies to help you resist or manage the urge to self-harm
* download from Google Play or App Store

**Kooth**

* [**www.kooth.com**](http://www.kooth.com)
* Qualified counsellors provide safe, anonymous online support 7 days a week, until 10pm
* For 11 to 26 year olds – support accessed via the website.

**MeeTwo app**

* [www.meetwo.co.uk](https://www.meetwo.co.uk/" \o "MeeTwo App" \t "_blank)
* a free app for teenagers providing peer support and resources. Young people can share what's going on for them and send supportive messages to others. All messages are fully moderated.
* download from Google Play or App Store