

# WHERE CAN I GO FOR HELP?

Feeling worried  
about:

- Mental health
- Depression
- Anxiety
- Self harm
- Difficulties at home

## WEBSITES

### PAPYRUS

[papyrus-uk.org](http://papyrus-uk.org)  
Prevention of suicide in  
young people

**Young Minds**  
[youngminds.org.uk](http://youngminds.org.uk)

**Anna Freud**  
[annafreud.org](http://annafreud.org)

**Childline**  
[childline.org.uk](http://childline.org.uk)

## TELEPHONE/TEXTS

Call - **HOPELINE**  
0800 68 41 41

**Young Minds**  
Text - YM to 85258

Call - **Samaritans**  
116 123

Call - **Childline**  
0800 1111

Call - **Anna Freud**  
0207 443 2313

## APPS

**Young Minds  
Crisis Messenger**

**MindShift**

**Mindful gNATs**  
Available on  
Apple Store

