

if you need to speak to someone urgently about a young person's mental and emotional well-being please contact a service from the list below;

Text 'SHOUT' to 85258

Talk to someone confidentially: kooth.com

HOPELINEUK-

Call: 0800 0684141

Text: 07860 039967

Email: pat@papyrus-uk.org

Childline -

<https://www.childline.org.uk/get-support/contacting-childline/>