



Woodgate Primary School

Woodgate Well-being
Organisations offering **FREE SUPPORT**

shout
85258

here for you 24/7

Free crisis messenger.
24/7 support for all ages.
www.giveusashout.org.
TEXT: SHOUT to 852558.

kooth

Online counselling support for ages 11-25.
www.kooth.com

stem4
supporting teenage mental health

Free service and apps supporting mental health for ages 11-19.
www.stem4.org.uk

NHS

Talking Therapies



for anxiety and depression

NHS talking therapies support with common mental health problems like stress, anxiety and depression.
www.nhs.uk



Free and confidential helpline for young people under the age of 19.
www.childline.org or 0800 1111
Every day, 9am-3pm



Free 24/7 call service for all ages to talk about your issues.
www.samaritans.org or 116123



Free advice and support to anyone experiencing a mental health problem.
www.mind.org.uk or 0300 123 3333.



Providing support for vulnerable young people and their families.
www.barnardos.org.uk or 0208 550 8822



Proving support for children, young people and their families from conception to 25.
www.annafreud.org or 0207 794 2313



Providing support for anyone under the age of 25.
www.themix.org.uk or 0808 808 4994



Providing confidential support and advice to young people under the age of 35 struggling with thoughts of suicide.
www.papyrus-uk.org or 0800 068 4141.
Every day 9am - Midnight

citizens advice

Online free advice from Citizens Advice to help you find a way forward.
www.citizenadvice.org.uk or 0800 144 8848



Free and confidential counselling service for young Muslims, available nationally via phone, email or live chat.
www.myh.org.uk or 0808 808 2008



Provides advice and support to young people affected by mental health.
www.youngminds.org.uk or 0808 802 5544



Provides support 365 days a year to people who have or are worried they have an eating disorder.
0808 801 0677
(Youth line 0808 801 0711)
www.beateatingdisorder.org.uk



Confidential support for people experiencing difficulties.
www.thecalmzone.net
0800 58 58 58. Every day, 5pm- Midnight.