




Papyrus

A UK charity dedicated to the prevention of suicide and promoting positive mental health and emotional wellbeing in children.

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice contact HOPELINEUK. They are open 9am-midnight every day.


 Call **0800 068 414** or text **07860 039967**

 Email pat@papyrus-uk.org



YoungMinds

Young Minds is the UK's leading mental health charity for children, young people and their parents, making sure all young people get the mental health support they need, when they need it, no matter what. Their website is full of advice and information on what to do if you're struggling with how you feel.


 Text YM to **85258** free 24/7 to get help and support

SAMARITANS

Samaritans

Everyone experiences difficult feelings from time to time, and often we don't know what to do to help us get back on track.

It's important to know anyone can contact Samaritans, no matter how old you are.

 Call free day or night on **116 123**

 Email jo@samaritans.org



In Summary

- ❖ **Kooth** - kooth.com
- ❖ **Bromley Y** - bromley-y.org
- ❖ **Childline** - call 0800 1111 or visit childline.org.uk
- ❖ **Talk to Frank** - for friendly, confidential drugs advice 24/7 call 0300 123 6600 or text 82111
- ❖ **Alumina** - for free online self-harm support visit selfharm.co.uk
- ❖ **Papyrus** - call 0800 068 4141 or text 07860039967. Email: pat@papyrus-uk.org
- ❖ **Young Minds** - Text YM to 85258 free, 24/7 to get help and support
- ❖ **Shout** - Text 85258 for confidential text support
- ❖ **Samaritans** - call 116 123, email jo@samaritans.org or visit samaritans.org



**Kemnal
Technology
College**



STUDENT SUPPORT SERVICES



KTC-TKAT.ORG



Kooth

A free, safe, and anonymous online mental health and wellbeing service available to all young people aged 10-25.

Young people can access counselling from BACP accredited therapists up to 10pm every night, 365 days a year, no referral is needed, and young people can register independently to access support.

 Visit [kooth.com](https://www.kooth.com)

Childline



Childline provides help to anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. You can talk to them by calling 0800 1111, by email or through 1-2-1 counsellor chat.

 Call **0800 1111**

 Visit [childline.org.uk](https://www.childline.org.uk)



Alumina

Alumina (previously Self Harm UK) offers free online self-harm support for 11-19s. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.


 Visit [selfharm.co.uk](https://www.selfharm.co.uk)



Bromley Y



Bromley Y aim to promote and support the emotional wellbeing and mental health of children, young people and families by enabling change, fostering resilience and helping them build healthy relationships. They deliver a number of webinars and workshops for both young people and/or their parents/carers to give education, guidance and strategies to support and improve wellbeing.

 Visit [bromley-y.org](https://www.bromley-y.org)


 Text **07480 635 025** which offers emotional health support



FRANK

Talk to Frank is a free service for young people, sharing honest facts and advice about drugs and alcohol.

For friendly, confidential advice, Talk to FRANK.

 Call **0300 123 6600** 24 hours a day, 7 days a week, or text **82111**



Shout 85258

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK. If you are struggling to cope and need to talk, their trained volunteers are here for you, day or night. If your life is at imminent risk, please call 999 for immediate help.

 Text 'SHOUT' to **85258**