**KOOTH:** <https://www.kooth.com/>

Online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Christmas counselling hours are slightly different to reflect demand:

Monday 24th December, Christmas Eve: 12noon – 8pm

Tuesday 25th December, Christmas Day: 4pm – 8pm

Wednesday 26th December, Boxing Day: 4pm – 8pm

Monday 31st December, New Year’s Eve: 4pm – 8pm

Tuesday 1st January, New Year’s Day: 4pm – 8pm

**YOUNG MINDS:** <https://youngminds.org.uk/>

If you're a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free 24/7 support across the UK.

* + - 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.

**PAPYRUS HOPELINEUK:** <https://papyrus-uk.org/hopelineuk/>

Advisers work with you to understand why thoughts of suicide might be present. They also provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else’s ability to stay safe:

Call: [0800 068 4141](tel:08000684141) Text: [07860039967](sms:07860039967)  Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening hours: 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays (Christmas Day, Boxing Day & New Year’s Day)

**CHILDLINE:**

For instant support, please contact Childline for free on 0800 1111. You can talk to them about anything; no problem is too big or too small. To get in touch with them online, visit their contact page at: <https://www.childline.org.uk/get-support/>

**SAMARITANS:**

You can call The Samaritans anytime, day or night, on 116 123. They also have a variety of contact methods that can be found here: <https://www.samaritans.org/how-we-can-help-you/contact-us>

**Child & Adolescent Mental Health Service CRISIS NUMBER:**

**01228 603964 – 24 hours**