

## *The following national organisations offer support for young people :*



⇒ **The Mix** - confidential support for young people:

[www.themix.org.uk](http://www.themix.org.uk)

Phone: 0808 808 4994

⇒ **Childline** - counselling service:

[www.childline.org.uk](http://www.childline.org.uk)

Phone: 0800 1111

⇒ **Youth Wellbeing Directory** - find support services local to you:

[www.youthwellbeing.co.uk](http://www.youthwellbeing.co.uk)

⇒ **On My Mind** - make informed choices about mental wellbeing:

[www.onmymind.info](http://www.onmymind.info)

⇒ **AFC Crisis Messenger** -The AFC Crisis Messenger text services provides free, 24/7 crisis support for young people across the UK.

Text AFC to 85258.

⇒ **Frank** - support and information around substance misuse:

[www.talktofrank.com](http://www.talktofrank.com) call 03001236600,

Text 82111



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- ⇒ **NHS Choices** - A site offering advice and help on mental health  
[www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx](http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx)
  
- ⇒ **Positive Penguins** - Aimed at 8-12 year olds, this app helps children understand their feelings and challenge negative thinking.  
<http://positivepenguins.com/>
  
- ⇒ **Kooth**—A digital counselling support service  
[www.kooth.com](http://www.kooth.com)
  
- ⇒ **Headspace** - This Apps helps teach mindfulness meditation principles to improve wellbeing  
[www.headspace.com](http://www.headspace.com)
  
- ⇒ **Stay alive** - This free app offers help and support to people with thought of suicide and people who are concerned about someone else.  
[http://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

