



Keeping Myself Safe

Non-Emergency Support

SHOUT

- Text SHOUT to 85258 (free, anonymous text crisis messenger, 24/7)

Kooth.com

- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)



Telephone support 3pm-12pm everyday
0800 808 4994

Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

Childline

1:1 telephone counselling 9am-midnight
everyday 0800 11 11

Switchboard

Confidential service available 10am – 10pm,
every day 365
days a year. Service provides a safe space
listening service via
telephone, email or online chat.

Free Apps



Helps reduce urges to self-harm and manage emotions in more positive way.

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.



In an emergency

Call 999 or attend A&E



Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)

SET CAHMS – Monday to Friday telephone: 0800 953 0222

Out of hours and weekend Crisis Support Service: 0800 995 1000

Young Minds -Text crisis messenger 24/7: text YM to 85258 (free from most mobile networks).

Parents helpline Mon-Fri 9.30am+4pm 0808 802 5544 (free of charge)

Essex County Council Children & Families Hub - Telephone 0345 603 7627

Mon-Fri 9am-5pm. Telephone 0345 606 1212 (out of hours)

Vita Health (16+) -Telephone 0300 0152 966. This is NOT an emergency service. Self-referrals are accepted.

Family Lives - Helpline 0808 800 2222 Email askus@familylives.org.uk