

# WHERE TO GET HELP



0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)  
10am to 6pm, Monday to Friday  
(except for bank holidays)  
Helpline for all



116 123  
[www.samaritans.org.uk](http://www.samaritans.org.uk)  
24/7 helpline  
Helpline for all



here for you 24/7  
TEXT SHOUT to 85258  
[www.giveusashout.org](http://www.giveusashout.org)  
24/7 text service for all



ONLINE, ON THE PHONE, ANYTIME

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)  
Under 19's helpline  
24/7 helpline



0800 58 58 58  
[www.thecalmzone.net](http://www.thecalmzone.net)  
Helpline for Men



TEXT YM to 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
24/7 text service for  
children and young adults  
up to age 25



0800 068 4141  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
Under 35's helpline  
9am-midnight every day



0808 801 0677  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
365 days a year  
(9am - midnight during the week,  
and 4pm-midnight on weekends  
and bank holidays)  
Helpline for all