



# OUT OF HOURS SUPPORT

URGENT MENTAL HEALTH HELPLINES ARE FOR PEOPLE OF ALL AGES.

YOU CAN CALL FOR: 24-HOUR ADVICE AND SUPPORT – FOR YOU, YOUR CHILD, YOUR PARENT OR SOMEONE YOU CARE FOR.

## CASHER

THE CHILD & ADOLESCENT SUPPORT & HELP ENHANCED RESPONSE TEAM OFFER URGENT SUPPORT 7 DAYS A WEEK

TO BOOK A PLACE AT THIS CLINIC, PLEASE CONTACT THE CASHER TEAM WITHIN THEIR DUTY HOURS

( PLEASE LEAVE A MSG IF NECESSARY & THEY WILL CONTACT YOU ASAP )

0800 121 7762 OPTION 2

;MON-FRI 5PM-10PM OR SAT/SUN 10AM-8PM. ( BANK HOLIDAY TIMES CAN VARY)



## PAPYRUS

No young person should have to suffer alone with thoughts of suicide.

## HOPELINEUK

Call: 0800 068 4141

Text: 07766209697

Email: [help@papyrus-uk.org](mailto:help@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Registered charity no. 1070506

# TALK TO US

If things are getting to you

Talk to us any time you like, in your own way – about whatever's getting to you.

**116 123** FREE  
This number is FREE to call

[jo@samaritans.org](mailto:jo@samaritans.org)

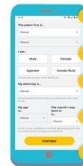
[samaritans.org](http://samaritans.org)

**SAMARITANS**

A registered charity



1 Click on the 'Join Kooth' button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the location you are in

3 Click on the gender you identify with

4 Choose from the drop down box the ethnicity that best fits you

5 Add your age and the month you were born

6 Click 'continue'

## How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**5pm-10pm** Saturday and Sunday  
Log on through **mobile, laptop and tablet.**

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic pages, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on "Chat now button"

To write a message to the team, click on "message the team"



7 Create an **anonymous username** (not your real name) and **secure password**

8 Choose from the drop down box to explain where you found out about Kooth



9 Click on the 'create account' button to complete your registration

## kooth



Need to talk?  
We're **online** until 10pm



Friendly counsellors



Self-help



Community support

[www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support for young people  
[kooth.com](http://kooth.com)

# YOUNGMINDS Crisis Messenger

powered by  
**shout**  
**85258**

CRISIS: HEAT LINE



FOR: CHILDREN AND YOUNG PEOPLE IN THE UK  
AVAILABLE: FREE, 24 HOURS A DAY  
MORE INFO: [CHILDLINE.ORG.UK](http://CHILDLINE.ORG.UK)