



Papyrus

A UK charity dedicated to the prevention of suicide and promoting positive mental health and emotional well being in children.

Are you, or is a young person you know, not coping with life?

For confidential suicide prevention advice contact HOPELINEUK. They are open 9am–midnight every day.



Call 0800 068 414 or text 07860 039967



Email pat@papyrus-uk.org



YoungMinds

Young Minds is the UK's leading mental health charity for children, young people and their parents, making sure all young people get the mental health support they need, when they need it, no matter what. Their website is full of advice and information on what to do if you're struggling with how you feel.



Text YM to 85258 free 24/7 to get help and support

SAMARITANS

Samaritans

Everyone experiences difficult feelings from time to time, and often we don't know what to do to help us get back on track. It's important to know that there's no right or wrong way of feeling. Anyone can contact Samaritans, no matter how old you are.



Call free day or night on **116 123**



Email jo@samaritans.org

In summary

Kooth - kooth.com

Young Greenwich - young-greenwich.org.uk

Childline - call 0800 1111 or visit childline.org.uk

Talk to Frank - for friendly, confidential drugs advice 24/7 call 0300 123 6600 or text 82111

Alumina - for free online self-harm support visit selfharm.co.uk

Papyrus - call 0800 068 4141 or text 07860 039967. Email: pat@papyrus-uk.org

Young Minds - Text YM to 85258 free, 24/7 to get help and support

Shout - Text 85258 for confidential text support

Samaritans - call 116 123, email jo@samaritans.org or visit samaritans.org



STATIONERS'
CROWN WOODS ACADEMY

Student Support Services



scwa.org.uk



Kooth

A free, safe, and anonymous online mental health and wellbeing service available to all young people aged 10-25.

Young people can access counselling from BACP accredited therapists up to 10pm every night, 365 days a year, No referral is needed, and young people can register independently to access support.

 Visit [kooth.com](https://www.kooth.com)



Young Greenwich


Young Greenwich offers free membership to a range of activities, to meet friends, learn new skills, go on fantastic trips and youth programmes for free across various sites in Greenwich for families and children aged between 8-19 years old. Young Greenwich Parents also offers free advice and support services for parents of children aged 10-19, (or up to 25 if your child has SEND), who live in the Royal Borough of Greenwich.

 Visit [young-greenwich.org.uk](https://www.young-greenwich.org.uk)



Childline

Childline provides help to anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. You can talk to them by calling 0800 1111, by email or through 1-2-1 counsellor chat.

 Call 0800 1111


 Visit [childline.org.uk](https://www.childline.org.uk)



FRANK

Talk to Frank is a free service for young people, sharing honest facts and advice about drugs and alcohol.

For friendly, confidential advice, Talk to FRANK.

 Call 0300 123 6600 24 hours a day, 7 days a week, or text 82111



Alumina

Alumina (previously Self Harm UK) offers free online self-harm support for 11-19s. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey.

 Visit [selfharm.co.uk](https://www.selfharm.co.uk)



Shout 85258

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK. If you are struggling to cope and need to talk, their trained volunteers are here for you, day or night.

If your life is at imminent risk, please call 999 for immediate help.

 Text 'SHOUT' to 85258