

YOUNGMINDS

Text the YoungMinds Crisis Messenger for free **24/7 support** across the UK if you are experiencing a mental health crisis.

- If you need urgent help, **text YM to 85258**.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Visit: <https://youngminds.org.uk/> for more information and useful resources

childline

ONLINE, ON THE PHONE, ANYTIME

- When you **call on 0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about **24 hours a day, 7 days a week**. Calls are free and won't show up on your phone bill.
- Or you can have a 1-2-1 counsellor chat online here - [1-2-1 counsellor chat | Childline](#)

Visit: <https://www.childline.org.uk/> for more information and useful resources

kooth

Kooth is a free, anonymous, confidential Wellbeing service offering counselling, information and forums for young people.

Access 365 days a year to counsellors from :
12 noon – 10pm Monday – Friday
6pm-10pm Saturday and Sunday

Kooth also offer self-help resources, forums and more.

Visit <https://www.kooth.com/> to sign up

SAMARITANS

You can access confidential emotional support at any time from Samaritans either by **calling 116 123** or **emailing jo@samaritans.org**

Visit <https://www.samaritans.org/> for more information and useful resources

shout

for support in a crisis

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. **Text 85258**.

Visit <https://www.crisistextline.uk/> for more information about this service

NHS

Mental health services are free on the NHS.

- To get urgent medical help, use the **NHS 111 online** service, or call 111 if you're unable to get help online
- **For life-threatening emergencies, call 999 or attend your nearest A&E.**

Call the 24/7 mental health crisis line for people living in Wigan on **0800 051 3253**

Wigan CAMHS duty team can be contacted Monday-Friday 9:00-17:00 on **01942 775400**