

# SUPPORT SERVICES

All numbers are available 24/7

## CENTRAL ACCESS POINT

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

 **0808 800 3302**

## SAMARITANS

A free, **completely confidential** number to call when you need to talk to someone.


 **116 123**

They also have an email service:

 **JO@SAMARITANS.ORG**

## SHOUT

A free and confidential **text messaging** support service.

 text **"SHOUT"**  
to **85258**

## CHILDLINE

 **0800 1111**

The ChildLine website is for young people **OF ALL AGES!** It has message boards and lots of resources on a range of different topics that can affect your mental health.



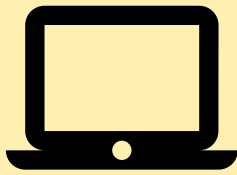
**WWW.CHILDLINE.ORG.UK**

They also have a 1-2-1 counsellor chat feature where you can access support.

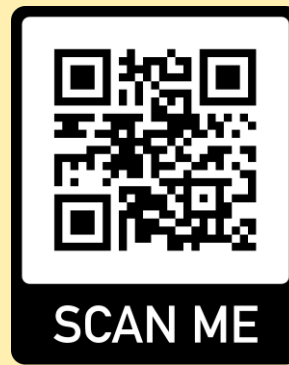


# HARMLESS

Harmless is a centre dedicated to self-harm and suicide support and prevention.



Their website is full of resources for anyone needing support as well as friends and family members.



[WWW.HARMLESS.ORG.UK](http://WWW.HARMLESS.ORG.UK)



*Self referral form*



They offer face-to-face sessions to anyone in Leicester, Leicestershire and Rutland. They have a self-referral form on their website.



# TELLMI

Tellmi is a safe, anonymous **app** where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem.



[WWW.TELLMI.HELP](http://WWW.TELLMI.HELP)

# YOUNGMINDS

The YoungMinds website is full of advice and information for young people and family members to help look after mental health.



[WWW.YOUNGMINDS.ORG.UK](http://WWW.YOUNGMINDS.ORG.UK)