

## Wellbeing Support Services

Remember you're never alone with your problems, the support below is always available, even during the holidays.



**1. Shout:** provides young people with access to free 24/7 support via text.

Text 85258.

Visit <https://giveusashout.org> for more info.

**2. Childline** offer free, confidential help for young people online or on the phone.

# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

**3. Kooth** is a safe online community where young people aged 10 and older can get help from a library of content or from peers, and can access online counsellors for professional support. [www.kooth.com](http://www.kooth.com).

The banner features the Kooth logo at the top left, followed by the text 'Free, safe and anonymous online support for young people' and 'Monday - Friday 12pm - 10pm Saturday - Sunday 6pm - 10pm'. Below this is a teal box with the heading 'On Kooth you can' and four icons with corresponding text: a person icon for 'Chat to our friendly counsellors', a document icon for 'Read articles written by young people', a group of people icon for 'Get support from the Kooth community', and a journal icon for 'Write in a daily journal'.

**4. ThinkNinja** is a mental health and emotional wellbeing app for young people.



It covers topics from coping skills for day to day stresses, to more complex issues, including unhelpful thoughts and thinking traps that can cause low mood and anxiety.