



Student Health & Wellbeing Support Services

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



Shout: provides young people with access to free 24/7 support via text. Text 85258.

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

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

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.

kooth Free, safe and anonymous online support for young people Monday - Friday 12pm - 10pm Saturday - Sunday 6pm - 10pm

On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

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.