

Links to National services to support your Mental Health

[The Mix](#) offers a free, confidential support service. They have a helpline, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support on a range of topics from mental health to money.

[Kooth](#) – online counselling and emotional wellbeing support service for young people in Suffolk aged 11 to 18

[MIND](#) – ‘for better mental health’

[MoodWise](#) – digital tools and resources to support young people’s emotional wellbeing

[Young Minds](#) – young people in crisis can text: **YM** to **85258**

[Stem4](#) – Stemming teenage mental health issues including eating disorders and self-harm.

[Hey Sigmund](#) – Written predominately by a psychologist, with helpful articles about parenting, teenagers, and supporting mental health.

[CALM – Campaign Against Living Miserably](#) – Advice, information and interaction for young men at risk of suicide.

[Five Finger Breathing \(a simple guided breathing exercise\)](#) – short video from Pooky Knightsmith mental health

[Coramvoice](#) - Support for Care Experienced Young people who may need an advocate to have their voice heard.

[ChildLine](#) offer a 24-hour counselling service for children and young people. Telephone: 0800 1111.

[Shout](#) is the UK’s first free 24/7 text service for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help. If you are experiencing a personal crisis, are unable to cope and need support, text Shout to 85258.

If you are concern about online safety or bullying visit [CEOP](#) to learn about internet safety and report online abuse at www.ceop.police.uk

talktofrank.com - Honest information about drugs

[Papyrus](#) - Prevetion of Young Suicide: Hopeline UK: 0800 068 4141 - Hopeline is a confidential support and advice service for:

Muslim youth helpline website can be accessed [here](#). The helpline service is open 7 days a week, 365 days a year including Bank Holidays and Eid. Current opening hours are: Monday to Sunday : 4pm-10pm. Freephone: 0808 808 2008 or use the [live chat](#) function

[SANEline](#) is a national out-of-hours mental health helpline offering anyone with mental health problems specialist emotional support, guidance and information to anyone over 16 affected by mental illness, including family, friends and carers. They are open every day of the year from 4.30pm to 10.30pm.

[The Samaritans](#) offer free confidential support in a crisis 24 hours a day, every day. Telephone: 116 123.