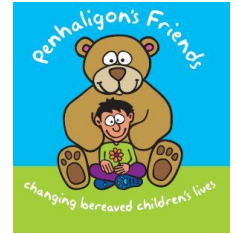


Penhaligon's Friends



Helplines and Online Emotional Support for Children & Young People



YoungMinds Crisis Messenger

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text **YM to 85258**. crisis messenger service can help with urgent issues such as: Suicidal thoughts, Abuse or assault, Self-harm, Bullying, Relationship issues.

How does it work?

The trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support. If the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.



Childline

0800 1111

www.childline.org.uk

Emotional support for children and young people on issues relating to child abuse, bullying etc.



Papyrus

Hopeline uk 0808 168 2528

www.papyrus-uk.org

Support and advice to anyone affected by the suicide of a young person. They will also offer support to anyone concerned about a young person who may be feeling suicidal.



The Mix

0808 808 4994

www.themix.org.uk

Essential support for under 25s. Phone, Email, Web support and Counselling.

www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger - The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK.

If you're in crisis and need to talk, text **THEMIX to 85258**

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Samaritans

Helpline: 116 123

Email jo@samaritans.org

www.samaritans.org

24hr service offering emotional support.



www.kooth.com

Need to talk?

Speak to a counsellor online until 10pm at night

Free, safe and anonymous online support for young people.

Thing you may be able to do now to help a little;

- **Move your body** Get your body moving to release endorphins and shift your body's response. Change positions. Go into a different room.
- **Use grounding techniques** Bring yourself into the present by getting in touch with your senses. Check around you and tell yourself what you can see, touch, smell & hear.
- **Go outside** This is a great place to apply grounding techniques. Breathe the fresh air, feel the sunshine or the rain on you.
- **Get cosy!** Have a warm bath. Put on your comfiest pyjamas. Get a hot water bottle. Wrap a blanket around you.
- **Allow yourself to have feelings** Whatever you are feeling right now is ok, allow yourself time to process your emotions. Be patient with yourself.
- **Try Tapping** Tapping calms anxiety, builds self-acceptance and brings your awareness into your senses
- **Get support** Feeling supported can help you feel less isolated. Speak to friends and family or your GP.

If things do not improve then speak to your GP or Health Professional for further advice and support.