

It's okay not to be okay

For mental health support, information check-out...

The Mix

They provide support for young people on the phone or on their online chat. If you feel low, have an addiction, need advice on sex&relationships, money, housing, or legal information this can be a good option for you.

Here you will find the crisis text line and 1-2-1 chat

They also have apps:

StressHeads helps you relief stress and get great advice
Age of Consent - Let's talk consent helps you understand what consent is and gives you legal advice if you are a victim of abuse

visit the website : <https://www.themix.org.uk/>

call 0808 808 4994

Samaritans

24/7 confidential support service where you can freely talk. You can talk about your emotions and findings ways to cope. They will also help you if you are struggling with suicidal thoughts.

visit their website : <https://www.samaritans.org/>

call 116123

Papyrus

Confidential support and advice for people under 35 struggling with *suicide thoughts* or worried about someone.

visit their website <https://www.papyrus-uk.org/>

go to <https://www.papyrus-uk.org/useful-health-apps/>
to discover hundreds of *apps* that may help you with your specific issue

call 0800 068 41 41
text 07860039967

For an Emergency

Call a GP - ask for an emergency appointment

Call 111 out of hours - they will help you find the support you need

Contact your mental health crisis team (if you have one)

Are you in danger? call 999

Young Minds

They provide information and guidance on mental health support for young people. They also have a 24/7 crisis support across the UK. So, if you are experiencing a mental health crisis and urgently need support, you can text them. The mainly help with issues such as bullying, abuse, suicidal thoughts, self-harm...

visit their website: <https://youngminds.org.uk/>

text YM to 85258

Bullying UK

Victim of bullying? Here you can find some advice or join the online chat. Share your experiences, feeling and get support to overcome bullying.

visit their website : <https://www.bullying.co.uk/>

call 0808 800 2222

Childline

Whether its because you have a low mood or because you need legal advice concerning abuse, the Childline is a place where you can find comfort, support, and advice.

You can get a 1-2-1 chat with a professional counsellor. Make sure to check out their amazing tool box where you can freely express yourself and do things you love, the calm zone where you can try some relaxation techniques

visit their website : <https://www.childline.org.uk/>

call 0800 111

Stem 4

Learn about mental health, symptoms, and what the steps are towards a positive and healthy mindset.

CalmHarm is a free app to help teenagers manage or resist the urge to self-harm

ClearFear is a free app to help children and young people manage symptoms of anxiety

Move Mood is a free app to help teenagers manage low mood and depression

Combined Minds is a free app to help families and friends provide mental health support

call 0800 585858

Le Point Ecoute is here to listen to you. Send an email to book your appointment or ask a question.

point_ecoute@lyceefrançais.org.uk