

Where can I access mental health support when I am not at school?



CAMHS

(Child and Adolescent Mental Health Services)

Website - <http://www.freshcamhs.org/>

Telephone Crisis Line – 0151 293 3577



Website – <https://ypas.org.uk/>

Telephone – 0151 707 1025

Email – support@ypas.org.uk



Free, safe and anonymous online support for young people

Website - <https://www.kooth.com/>



Website - <https://www.childline.org.uk/>

Telephone – 0800 1111

App – For Me



Website - <https://www.nspcc.org.uk/>

Telephone Number – 0808 800 5000



Website - <https://www.samaritans.org/>

Telephone – 116 123

Email – jo@samaritans.org



Website - <https://papyrus-uk.org/>

Telephone – 0800 068 41 41

Text – 07860 039 967

Email – pat@papyrus-uk.org



Website - <https://www.nationaldahelpline.org.uk/>

Telephone – 0808 2000 247



Website - <https://karmanirvana.org.uk/>

Telephone – 0800 5999 247

Email – info@karmanirvana.org.uk