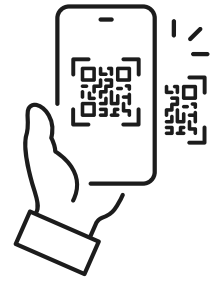


Websites and services

All of these services can help you.



[Chat Health](https://chathealth.nhs.uk/) - <https://chathealth.nhs.uk/>

Chat Health is a free texting service to speak to a Nurse. For Leicester City text 07520 615 386. For Leicestershire and Rutland: text 07520 615 387.



[Young Minds](http://www.youngminds.org.uk) - www.youngminds.org.uk

Young minds is a mental health charity for younger people. Their website has different articles, useful resources, and online crisis messenger. You can also text YM to 85258.



[Kooth](http://www.kooth.com) - www.kooth.com

Kooth is a digital mental health service. Their website has a free online counselling service for young people and has many useful articles and forums you can read.



[Child Line](https://www.childline.org.uk/) - <https://www.childline.org.uk/>

Childline is a counselling service. Their website provides a free online counselling service. They also have a free phone support service on 0808 808 4994.



[Health For Teens](https://www.healthforteens.co.uk/) - <https://www.healthforteens.co.uk/>

Health for Teens is an online service provided by the NHS that covers large area of health and wellbeing. Their site has many different articles, quizzes and local information. Why not check out their TikTok @healthforteensnhs



[The Mix](https://www.themix.org.uk/) - <https://www.themix.org.uk/>

The Mix offers online counselling and a has a crisis messenger. You can also ring their free phone on 0808 808 4994.



[Shout](https://giveusashout.org/) - <https://giveusashout.org/>

Shout is a mental health text service available 24/7. All you need to do is text 'SHOUT' to 85258



[Samaritans](https://www.samaritans.org/) - <https://www.samaritans.org/>

Samaritans offer mental health support available 24/7, 365 days a year. To access support just visit their website or ring their free phone 116 123



[Coram Voice](https://coramvoice.org.uk/) - <https://coramvoice.org.uk/>

Coram Voice is specifically for people in care, leaving care or needing a social worker. Their Advocacy Helpline number is 0808 800 5792.