




Websites and apps that support young people

	<p>Offers free, safe and anonymous online support for young people</p>	<p>https://www.kooth.com/ 0808 808 4994</p>
<p>childline ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p>	<p>Offer free advice, resources, online and phone support</p>	<p>https://www.childline.org.uk/ 0800 1111</p>
	<p>Support and information. Online chat and support.</p>	<p>https://www.samaritans.org/ 116 123</p>
	<p>The Mix offers online support and over the phone support for under 25s</p>	<p>https://www.themix.org.uk/</p>
 Prince's Trust 	<p>Offering a Coronavirus Support Hub One-to-one support, advice and guidance so young people can continue to develop confidence and upskill.</p>	<p>https://www.princes-trust.org.uk/help-for-young-people 0800 842 842</p>
	<p>Online resources and support including YoungMinds Crisis Messenger text service providing free, 24/7 crisis support across the UK.</p>	<p>https://youngminds.org.uk/ https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger YM to 85258.</p>

 <p>BECOME. <small>THE CHARITY FOR CHILDREN IN CARE AND YOUNG CARE LEAVERS</small></p>	<p>Offer advice and support for care experienced young people.</p>	<p>advice@becomecharity.org.uk. 0800 023 2033</p>
 <p>Children's COMMISSIONER</p>	<p>Help at hand website for children and young people in care. Free support, advice and information.</p>	<p>https://www.childrenscommissioner.gov.uk/help-at-hand/ 0800 528 0731</p>
 <p>NHS</p>	<p>The NHS also has a handy list of Apps you can access for support with wellbeing and mental health</p>	<p>https://www.nhs.uk/apps-library/category/mental-health/</p>