

Support services

All numbers are available 24/7

Central Access Point (CAP)

 **111 option 2**

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

Samaritans

A free, **completely confidential** number to call when you need to talk to someone.


 **116 123**

They also have an email service:

 **jo@samaritans.org**

SHOUT

A free and confidential **text messaging** support service.

 text **"SHOUT"**
to **85258**

Childline

 **0800 1111**

The ChildLine website is for young people OF ALL AGES! It has message boards and lots of resources on a range of different topics that can affect your mental health.



www.childline.org.uk

They also have a 1-2-1 counsellor chat feature where you can access support.



Harmless

Harmless is a centre dedicated to self-harm and suicide support and prevention.

Their website is full of resources for anyone needing support as well as friends and family members.



harmless.org.uk

SCAN ME

Self referral form



They offer face-to-face sessions to anyone in Leicester, Leicestershire and Rutland. They have a self-referral form on their website.



Tellmi

Tellmi is a safe, anonymous **app** where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem.



www.tellmi.help

YoungMinds

The YoungMinds website is full of advice and information for young people and family members to help look after mental health.



www.youngminds.org.uk