

## **Where to get help if you're struggling:**

You don't have to suffer in silence if you're struggling with your mental health. Here are some groups you can contact when you need help:

**Samaritans:** Phone 116 123, 24 hours a day, or email [jo@samaritans.org](mailto:jo@samaritans.org), in confidence

**Childline:** Phone 0800 1111. Calls are free and won't show up on your bill.

**PAPYRUS:** A voluntary organisation supporting suicidal teens and young adults. Phone 0800 068 4141

**Depression Alliance:** A charity for people with depression. No helpline but offers useful resources and links to other information on its [website](http://www.depressionalliance.org): [www.depressionalliance.org](http://www.depressionalliance.org)

**Students Against Depression:** A website for students who are depressed, have low mood, or are suicidal. Click [here](http://www.studentsagainstdepression.org) to visit or see: [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

**Bullying UK:** A website for both children and adults affected by bullying. Click [here](http://www.bullying.co.uk) to visit or see: [www.bullying.co.uk](http://www.bullying.co.uk)

**Campaign Against Living Miserably (CALM):** For young men who are feeling unhappy. Has a website here ([www.thecalmzone.net](http://www.thecalmzone.net)) and a helpline: 0800 58 58 58

**Kooth:** Offers emotional and mental health support for children and young people aged between 11 – 24 years and is available, online, up to 10pm every day [here](http://www.kooth.com) or see via: [www.kooth.com](http://www.kooth.com).