

Information from CAMHS: Helplines and resources available for young people

Kooth <https://www.kooth.com/>

- Free, safe and anonymous online support for young people
- Monday – Friday 12pm – 10pm
- Saturday – Sunday 6pm – 10pm

Childline www.childline.org.uk

- If you're under 19 you can confidentially call, email, or chat online about any problem big or small
Freephone 24h helpline: 0800 1111
- [Sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address
- Chat 1:1 with an [online advisor](#)

Young Minds Parents Helpline: Call for free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland. 0808 802 5544

<https://www.annafreud.org/on-my-mind/self-care/>



This is a free app with lots of useful relaxation and meditation exercises.