

Depression, anxiety and mental health



At some point we all need extra support. 1 in 5 young carers experience anxiety or depression. Struggling to cope with everyday life doesn't look or feel the same in everyone.

Here's a list of organisations that can help you.

Samaritans

If you're feeling anxious, scared or suicidal call 116 123 or email jo@samaritans.org

papyrus

For confidential suicide prevention advice contact HOPELINE247 on 0800 068 4141 / 07786 209 697 or pat@papyrus-uk.org

SHOUT

Free 24/7 support if you're in a crisis.
Text SHOUT to 85258 in the UK to text with a trained Crisis volunteer

Amparo

If you've been affected by suicide, Amparo can help on 0330 088 9255

NHS 111

You may be able to speak to a nurse, or mental health nurse, over the phone

Sane

Mental Health Helpline open 4.30-10.30pm
0300 304 7000

MIND Infoline

Information and signposting for mental health.
0300 123 3393 / text: 86463

Anna Freud

Children and young people's wellbeing

Talk to Frank

Honest information about drugs

Cruse Bereavement Support

Grief can be overwhelming
You don't have to deal with it alone

MindEd

A free educational resource on children and young people's mental health

Compass

A children and young persons drug and alcohol support service

Young Minds

Mental Health Support

BBC Headroom

Online Mental Health toolkit