

# DON'T SUFFER ALONE. PLEASE SEEK SUPPORT

## URGENT SUPPORT

If you're in immediate danger, please call 999

The Samaritans 24-hour service: **Call 116 123**

**Text SHOUT to 85258** if you are experiencing a mental health crisis and need support.

## HELP FOR YOUNG PEOPLE

Mindline Somerset: **01823 276 892** or **0800 138 1692**

CAMHS in Somerset: [www.somersetft.nhs.uk/camhs/](http://www.somersetft.nhs.uk/camhs/)  
Call: **0300 1245012** or [camhsspa@somersetft.nhs.uk](mailto:camhsspa@somersetft.nhs.uk)

Somerset Counselling Youth: [www.scya.org.uk](http://www.scya.org.uk)

Childline: **0800 1111** or [www.childline.org.uk](http://www.childline.org.uk)

Every Mind Matters: [www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

Anti-bullying Alliance: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

The Mix: [www.themix.org.uk/about-us](http://www.themix.org.uk/about-us)

Papyrus: [www.papyrus-uk.org](http://www.papyrus-uk.org) or Call: **0800 068 4141**

Hub of Hope: [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Kooth: [www.kooth.com](http://www.kooth.com)

Tellmi App: [www.tellmi.help/what-is-tellmi](http://www.tellmi.help/what-is-tellmi)

**SAMARITANS**

**shout**  
**85258**

**Mind**  
Somerset

**Open**  
Mental  
Health

**NHS**

**SOMERSET**  
Counselling  
Youth access

**childline**

**Better  
Health** every mind  
matters

**ANTI-BULLYING  
ALLIANCE**

**THE MIX**

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



**YOUNGMINDS**  
fighting for young people's mental health

**kooth**

**tellmi**