

**DURING THIS TIME OF CLOSURE THERE
ARE SERVICES TO SUPPORT YOU.**

Samaritans: 116 123

Samaritans email service: jo@samaritans.org (They will reply within 24 hours)

Papyrus (young suicide prevention): 0800 068 4141

Sane: 0300 304 7000

Anxiety UK: 03444 775774

Live chat advisory service via anxietyUK.org.uk

No Panic Helpline: 0444 967 4848 10am – 10pm

Overnight they have a recorded breathing exercise to listen to.

OCD UK: 03332 127 890

OCD Action: 0845 390 6232

RETHINK Asian language mental health line: 0808 800 2073

Childline: 0800 1111

CALM (Campaign Against Living Miserably): 0800 58 58 58 - 5pm to midnight

The Mix text helpline: 85258

The Mix: 0808 808 4994 - 4pm - 11pm

The Mix live chat on webpage: themix.org.uk

Wycombe Sexual Health: 0300 303 2880

RESPECT phone line for perpetrators: 0808 802 4040

Kooth live chat via webpage: www.kooth.com

Young Minds: 020 7089 5050

Young Minds parent helpline: 0808 802 5544 Mon-Fri: 9:30am-4pm

Young Minds urgent help text: YM to 85258