

Kooth.com	https://www.kooth.com/
Digital wellbeing service including access to NHS and BACP (British Association of Counselling and Psychtherapists) alongside visiting forums, activities and other support avenues.	
Youngminds	https://www.youngminds.org.uk/
Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. <i>Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.</i>	YoungMinds Textline offers you free, 24/7 text messaging support wherever you are in the UK. If you need someone to talk to about how you're feeling, text YM to 85258.
ChildLine	https://www.childline.org.uk/
Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday. If you're under 19 you can confidentially call, chat online or email about any problem big or small.	Opening times:9am - midnight, 365 days a year <u>0800 11 11</u>
Mind	https://www.mind.org.uk/
We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding	0300 123 3393 text: 86463
Samaritans	https://www.samaritans.org/
	116 123 or emailing jo@samaritans.org
Shout	https://giveusashout.org/
24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help	Text 85258
Footsteps	https://footstepsteesside.co.uk/
A young persons health centre designed FOR young people, BY young people. We provide a safe and comfortable environment for all your health concerns with a range of services available to meet your needs.	01642 061047 hash.footsteps@nhs.net

CAMHs Crisis Response	https://www.tevv.nhs.uk/services/stockton-community-team-camhs/ https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/
CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.	If there is an urgent risk to self/need for mental health support – Telephone: 0300 013 2000 – Option 5 (for Stockton)
CEOP	https://www.ceop.police.uk/Safety-Centre/
CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable); you can report it here.	
NHS Choices	https://www.nhs.uk/
We're here for you, helping you take control of your health and wellbeing. Advice, tips and tools to help you make the best choices about your health and wellbeing.	To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK. For life-threatening emergencies, call 999 for an ambulance
Police	https://www.police.uk/
	If you are at risk of immediate harm, contact 999 or alternatively if you are not in immediate risk of harm contact 101.