










# Mental Health Support:

 <p><b>PAPYRUS</b> PREVENTION OF YOUNG SUICIDE</p>	<p>HOPELINEUK provide 24-hour confidential support for those under 35 who are experiencing thoughts of suicide.</p> <p>Call: <b>0800 068 41 41</b> Text: <b>88247</b> Email: <b>pat@papyrus-uk.org</b></p>	
	<p>When life is difficult, Samaritans are here - day or night, 365 days a year.</p> <p>Call: <b>116 123</b> Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Online chat service: <a href="https://webchat.samaritans.org/">https://webchat.samaritans.org/</a></p>	
	<p>Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.</p> <p>To start a conversation, text the word '<b>Shout</b>' to <b>85258</b>.</p>	
	<p>Tellmi provides young people with a safe and anonymous space to discuss their feelings and receive counselling.</p> <p>Download the app by scanning the QR code</p>	
	<p>Anyone needing mental health support for themselves, or others can call the Mental Health Central Access Point, 24 hours a day, seven days a week.</p> <p>Call: <b>0808 800 3302</b></p>	