

Support Services



Are you concerned or worried about something? Do you need to talk?

Kooth

www.kooth.com

- Online counselling service (available for under 18s only)
- Monday – Friday 12pm – 10pm
- Saturday – Sunday 6pm – 10pm

Samaritans

www.samaritans.org/how-we-can-help/contact-samaritan

- Call 116 123 or visit the website
- Helpline or email service - not just for crisis
- Available 24/7

Bristol Mindline

www.bristolmind.org.uk/help-and-counselling/mindline

- Telephone helpline: 0808 808 0330
- Available Wednesday to Sunday from 8pm to midnight

Shout

www.giveusashout.org

- Text Shout to 85258
- 24/7 free text service

Winston's Wish

www.winstonswish.org/supporting-you

- Support for bereaved children and young people
- Helpline for parents/families
- Email and online chat support services
- Online resources