

Childline

Childline: Offers free, confidential support via phone (0800 1111) and online.

Shout

Shout: Provides 24/7 text support for anyone struggling to cope (text CONNECT to 85258).

Signposting for
Support during
the Summer
Holiday

Emergency Services

In a crisis, call 999

Additional External Support (click to follow the links)

- [YoungMinds](#)
- [Anna Freud – Self Care](#)
- [Mind](#)