

# Help and support available:

Samaritans

<https://www.samaritans.org/>

## Contact a Samaritan

If you need someone to talk to, we listen. We won't judge or tell you what to do.

### Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.

Call 116 123

[Find out more about our helpline](#)

### Write us an email

Sometimes writing down your thoughts and feelings can help you understand them better.

[jo@samaritans.org](mailto:jo@samaritans.org)

Response time: It may take several days to get a response by email

[Find out more about our email service](#)

Kooth

<https://student.kooth.com/>

A safe and confidential space to share experiences and gain support from our community and qualified professionals.



#### Community support

Relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.



#### Personal tools

Set personal goals, write in your journal, or start a discussion with the community.



#### Professional support

Our team of professionals aim to provide early response to emotional wellbeing as well as emerging mental health needs via our online platform and counselling sessions.



#### Articles

Helpful articles, personal experiences and tips from our community and professional team.

Childline

<https://www.childline.org.uk/>

## NEED TO TALK?



### Get support

We're here for you on the phone or online. Or try getting support from other young people on our message boards.



### Contacting Childline

Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.



### Message boards

Share your experiences, have fun and get support from other young people in similar situations.



### About Childline

Find out who we are, what we do - and how we can help you.

Shout

<https://giveusashout.org/>

**shout**  
85258

## Get help

Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.

If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

Aged 11-19?

Text your School Nurse on

**07480 635538**

for confidential health and wellbeing advice and support.



For more information about ChatHealth:



Scan the QR code

Search Facebook: @MyHealthWirral

Visit: [www.wchc.nhs.uk/ChatHealth](http://www.wchc.nhs.uk/ChatHealth)

ChatHealth

0-19  
With you all the way

NHS  
Wirral Community Health and Care  
NHS Foundation Trust