



## Useful contacts if you need to talk to someone...



Tel: 116 123 free phone

(24 hrs.' 7 days a week, from any phone)

- Reading Branch: 01189 266333
- [www.samaritans.org.uk](http://www.samaritans.org.uk)

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do



- Free phone 0800 1111 (24 hours)
- [www.childline.org.uk](http://www.childline.org.uk)

Child line is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.



**HOPELINEUK** is a confidential support and advice service for: Children and Young People under the age of 35 who are experiencing thoughts of suicide

Anyone concerned that a young person could be thinking about suicide

[Find Out More >](#)

0800 068 41 41

[07860 039967pat@papyrus-uk.org](mailto:07860_039967pat@papyrus-uk.org)



If you are a young person in need of support Text the [Young Minds Crisis Messenger](#) for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help text YM to 85258.

**All texts are answered by trained volunteers, with support from experienced clinical supervisors.** Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus

Call: 020 7089 5050 Email: For general enquiries: <https://youngminds.org.uk/> Call: 020 7089 5050

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**Hearing Voices Network**

for people who hear voices, see visions or have other unusual perceptions

If you hear voices, see visions or have similar sensory experiences – you're not alone. If you're struggling to cope with your voices or visions it may be a sign you need some extra help or support **National Hearing Voices Network (HVN)**

86-90 Paul Street, London, EC2A 4NE

Email: [info@hearing-voices.org](mailto:info@hearing-voices.org)

[Report abuse](#)



**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.**

<https://www.ceop.police.uk/safety-centre>



**B-EAT youth helpline**  
Information, help and support for anyone affected by eating disorders. Youth line: 0345 634 7650

7650

(Monday-Wednesday 1pm-4pm)

Email [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)



Free, safe and anonymous online support for young people





Monday – Friday 12pm – 10pm Saturday –

Sunday 6pm – 10pm

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



## Useful contacts if you need to talk to someone...

 <p>Daisy's Dream supports children and their families affected by life threatening illness or bereavement, Includes one to one support for children and young people  <b>Phone: 01189342604</b>  <b>Website: <a href="http://www.daisysdream.org.uk">http://www.daisysdream.org.uk</a></b>  <b>Email: <a href="mailto:info@daisysdream.org.uk">info@daisysdream.org.uk</a></b></p>	  <p>Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.  <a href="http://hopeagain.org.uk/">http://hopeagain.org.uk/</a> Helpline- call us free phone on 0808 808 1677</p>
<p><b>A guide for young people Racism and mental health</b>  Being treated differently or unfairly because of our race, skin colour or ethnicity can negatively affect our mental health. Here's some information on how to get help if you've experienced racism.  <b>Young Minds - Textline: Text YM to 85258</b>  <b>Provides free, 24/7 text support for young people</b></p>	<p><b>SUPPORT U</b>  <b>SPECIALIST LGBT+ COUNSELLING IN THAMES VALLEY</b></p> <p><b>THE HELPLINE</b>  <b>WE OPERATE THE LOCAL LGBT+ HELPLINE FROM OUR WELLBEING CENTRE IN READING.</b>  <b>Op</b> Our helpline is here for you 5 days a week 10am to 7pm. Manned by professionally trained support advisors.  Our service is completely confidential and private – give us a call on <b>0118 321 9111.en</b>  <b>Mon to Fri</b></p>
<p><b>The Edge</b>  <b>Young People's Drug and Alcohol Service for West Berkshire</b>  Rapid Support If a young person contacts us and need immediate support, wherever possible we will support you. If you are feeling desperate and feel you need help, you don't have to cope alone, we may be able to help you get through those difficult times.Tel:(01635) 582002Email: <a href="mailto:theedge@westberks.gov.uk">theedge@westberks.gov.uk</a></p>	<p><b>Source - Young People's Drug &amp; Alcohol Service</b>, Source provides advice, information, support and treatment to young people (under 18 years).  Email <a href="mailto:source@reading.gov.uk/">source@reading.gov.uk/</a>  Phone: 0118 901 5666</p>
 <p>No 5 is Reading's service for young people dedicated to providing free confidential counselling and emotional support to anyone between the ages of 10 and 25.  Address: 101 Oxford Road, Reading, RG1 7UD  Counselling Phone: 0118 901 5668  Admin Phone: 0118 901 5649  E-mail: <a href="mailto:info@no5.org.uk">info@no5.org.uk</a> Text: 07984 357551</p>	