

## Contact details for support

If you've been feeling **low**, try some of the contacts below:

Young Minds	0808 802 5544	<a href="http://www.youngminds.ork.uk">www.youngminds.ork.uk</a>
Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
The Mix	0808 808 4994	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Rethink	0300 5000 927	<a href="http://www.rethink.org">www.rethink.org</a>
Family Lives	0808 800 2222	
CALM	0800 58 58 58	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
No Panic	0844 967 4848	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>
SANE	0300 304 7000	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
PAPYRUS	0870 170 4000	<a href="http://www.papyrus.org.uk">www.papyrus.org.uk</a>
NHS Direct (Physical & Mental Health)	0845 4647	

If you've been suffering from **Anxiety**:

Anxiety UK	08444 775 774	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
Mind	0300 123 3393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
SANE	0300 304 7000	<a href="http://www.sane.org.uk">www.sane.org.uk</a>

If you're concerned about and **Health** related issues:

NHS Direct	08454647	<a href="http://www.netdoctor.co.uk">www.netdoctor.co.uk</a>
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If you've been struggling with your **Anger**:

CALM	0800585858	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>
SANE	03003047000	<a href="http://www.supportline.org.uk">www.supportline.org.uk</a>

Support for **self harm**:

Mind	0300123 3393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
Harmless		<a href="http://www.harmless.org.uk">www.harmless.org.uk</a>

**Other** useful contacts:

Family lives	0808 800 2222	<a href="http://www.parentlineplus.org">www.parentlineplus.org</a>
		<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
KOOTH		<a href="http://www.kooth.com">www.kooth.com</a>
QWELL		<a href="http://www.qwell.io">www.qwell.io</a>