

Kooth

Website: www.kooth.com

Kooth provides online counselling and for 11-18 year olds, in addition to anonymous forums. Users have access to an online journal where they can document and track their emotions, and might enjoy reading the “magazine”.

NSPCC / Childline

Childline provide several articles and videos on topics such as social media, family, emotional wellbeing, school, body image, and more. The site offers a virtual “locker” for documenting and tracking emotions, while the “toolbox” option offers a more creative outlet for expressing yourself.

Phone: 0800 1111 for Childline for children (24-hour helpline)

Website: <https://www.childline.org.uk/> - offers an online forum for under 19s, and 1-2-1 live counselling chat [here](#).

The Mix

The Mix offers free wellbeing advice and support for under 25s. Users can apply for short-term, free counselling sessions which will provide professional support in a confidential setting.

This charity can be reached at 0808 808 4994, or users may prefer to contact them between 3-12pm using the [1-2-1 chat tool](#). There is also the option to seek help [via email](#).

Mindout UK

A charity that helps to support the mental health of members of the LGBTQ+ community. Confidential 1-2-1 chat is available 5:30-7:30 pm most evenings, and 2-4 pm on Sundays. They promise to:

- Listen to how you are feeling, without any judgement and without forcing unwanted advice or opinions
- Help you to think about ways to stay safe and develop coping strategies, if this is what you want
- Help you look for support and explore these options, if this is what you want

The group also offers workshops for LGBTQ+ youth and tips on coping with lockdown.

Get support: <https://mindout.org.uk/get-support/mindout-online/>

Beat

This charity aims to act as a guide to anyone affected by eating disorders. They strive to give individuals experiencing an eating disorder and their loved ones a safe space. One to one web chat is available [here](#).

Youth helpline: 0808 801 0711 (Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.)

Website: <https://www.beateatingdisorders.org.uk/>

OCD Action

Support for people with OCD. Includes information on treatment and online resources. Offers an online forum and email support.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge.

Website: <https://ocdaction.org.uk/i-need-support/>

Samaritans

Free to call at any time about **any** topic. Phone number: 116 123
Can also be contacted by email: jo@samaritans.org

SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258

Website: <https://www.giveushout.org/>