

# Schools: Student mental wellbeing tool kit

## Where to go for help:



**SHOUT** provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.



**Papyrus (Prevention of Young Suicide)** provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential. Call their HOPELineUK on: 0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Childline** offers support to young people under 19, and they confidentially call, email, or chat online about any problem, big or small. Their freephone 24-hour helpline is 0800 1111 or students can have a one-to-one chat with an [online advisor](#).

SAMARITANS

**Samaritans** are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at [jo@Samaritans.org](mailto:jo@Samaritans.org).



**The Mix** offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.



**YoungMinds Crisis Messenger** provides free crisis support and links to a range of support options.



All local NHS 24/7 urgent mental health lines can be found on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

## Digital resources:

[Calm zone | Childline](#)  
Activities and tools, wellbeing exercises and interactive games for under 19s.

[Mental Health - The Mix](#)  
Online articles and discussion forums for 11 – 25 year olds.

[Home – Kooth](#)  
Online mental wellbeing community for 10 – 25 year olds.

[Self-care tips videos for young people - Every Mind Matters - NHS \(www.nhs.uk\)](#)  
Online self-care video library.