

# OUT OF SCHOOL SUPPORT OPTIONS

## Text

Text **SHOUT** to 85258 -  
24/7 text support

## Phone

**Childline** - 0800 1111  
**Samaritans** - 116 123  
**999** (emergency)  
**101** (urgent medical help)

## Online

**childline.org.uk** - online chat with a  
counsellor  
**Cool2Talk** - online chat/health  
info/questions answered anonymously  
**themix.org.uk** - online support

## Apps

**Calm Harm** - manage urges to self harm  
**Chill Panda** - breathing techniques  
**Cove** - expression through music