

External Agency options



Childline is a free, private and confidential service that you can access online and on the phone. 0800 1111
<https://www.childline.org.uk/>



You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org



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 82558. <https://giveusashout.org/>



If you would like to speak to a counsellor online, Kooth is free, safe and anonymous online support for young people. <https://www.kooth.com/>



CEOP help children stay safe online. If anyone 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/>



You are never alone with an eating disorder. We are here to support people who have or who are worried they have an eating disorder. 0808 801 0711.
<https://www.beateatingdisorders.org.uk/>



Time to Talk West Berkshire is a free confidential counselling service to young people in need aged 11 to 25. Email hello@t2twb.org or call 01635 760331



Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. <https://youngminds.org.uk/>



If you are feeling down, or worried or other emotional health issues, then you can get help from the Emotional Health Academy by completing a help form on our website: <http://info.westberks.gov.uk/eha>



Students Against Depression provides you with a calm environment and the resources to help you find a way forward - a website offering advice, information and guidance to those affected by low mood, depression and suicidal thinking.

<https://www.studentsagainstdepression.org/>



The Mix is here to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or out counselling service. 0808 808 4994

<https://www.themix.org.uk/>