

Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
SHOUT Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
THE MIX Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	<ul style="list-style-type: none">- Call 0808 808 4994 for free (11am to 11pm daily)- Access the online community- Email The Mix
ChildLine Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none">- call 0800 1111 for free anytime- Have an online chat with a counsellor (9am to midnight daily)- Check out the message boards
YoungMinds is a charity dedicated to children's mental health.	<ul style="list-style-type: none">-They've opened a parents' helpline for confidential, expert advice.-You can reach them at 0808 802 5544