

Apps & Websites for Support



CLEAR FEAR

Clear Fear App

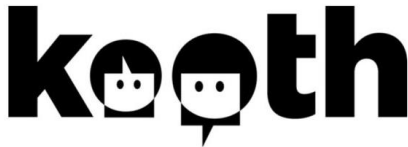
Support with anxiety



CALM HARM

Calm Harm App

Support with self-harm



Kooth.com

Anonymous mental health support



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline

Confidential support & advice



CAMHS Crisis Line

0808 196 3550

CAMHS Immediate Support

text **GREEN** to 85258



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Papyrus

Call: 0800 068 4141

Text: 07860 039967

SAMARITANS

Self-Help

Samaritans Self-Help App

selfhelp.samaritans.org

Call: 116 123