










Mental Health Support:

 <p>PAPYRUS PREVENTION OF YOUNG SUICIDE</p>	<p>HOPELINEUK provide 24-hour confidential support for those under 35 who are experiencing thoughts of suicide.</p> <p>Call: 0800 068 41 41 Text: 88247 Email: pat@papyrus-uk.org</p>	
	<p>When life is difficult, Samaritans are here - day or night, 365 days a year.</p> <p>Call: 116 123 Email: jo@samaritans.org. Online chat service: https://webchat.samaritans.org/</p>	
	<p>Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.</p> <p>To start a conversation, text the word 'Shout' to 85258.</p>	
	<p>Tellmi provides young people with a safe and anonymous space to discuss their feelings and receive counselling.</p> <p>Download the app by scanning the QR code</p>	
	<p>Anyone needing mental health support for themselves, or others can call the Mental Health Central Access Point, 24 hours a day, seven days a week.</p> <p>Call: 0808 800 3302</p>	