



Support Numbers and Websites

CEOP report button

The link below will take you to a website where you can report incidents or abuse online.

Website: [CEOP Safety Centre](#)

Childline

The link below will take you can contact someone or receive support and advice if you are struggling.

Website: [Childline](#)

Kooth website

The link below will take you to a website where you will be supported if you are struggling with your mental health.

Website: [Kooth](#)

Samaritans

Samaritans support anyone who needs to talk to someone and needs help. Samaritans are open 24/7 for anyone who needs to talk. You can [visit some Samaritans branches in person](#).

Freephone: [116 123](#)

Email: jo@samaritans.org

Freepost: [SAMARITANS LETTERS](#)

Website : samaritans.org

Samaritans also have a Welsh Language Line on [0808 164 0123](#) (7pm–11pm every day).

Student Minds

This is a mental health charity that supports students offering online information and helpline support.

Freephone: [0808 808 4994](#)

Website: studentminds.org.uk

Young Minds

Provides advice and support to young people for their mental health, as well as supporting parents and carers.

Website: youngminds.org.uk

Papyrus UK

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am–midnight.

Freephone: [0800 068 41 41](#)

Text: [07860039967](#)

Email: pat@papyrus-uk.org

Website: papyrus-uk.org