**Support service over the**

**Christmas Period**

**Samaritans**

An online and phone service that gives a talk space for people, they are a free 24-hours service.

Telephone number: 116 123

Weblink: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

**Shout**

A free 24-hour texting support service for young people

Via mobile: Txt 85258

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

**Clear Fear app**  
A free Mental health App for your phone, to help with anxiety.

Weblink: <https://clearfear.stem4.org.uk/>

**Young Minds**

An online mental health support resource.

Weblink: <https://www.youngminds.org.uk/young-person/>

**The Mix**

An online support service for under 25.

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

**The Trussells Trust**

A food bank location search engine, for those who are struggling with getting affordable food.

Weblink: <https://www.trussell.org.uk/emergency-food>

**Childline**

An online and phone service and resource that support young people aged 13 – 19

Telephone Number: 0800 1111

Weblink: <https://www.childline.org.uk/>

**Emergency services**

These are services like the Police, Ambulance, Fire services.

Telephone: 111 for non-emergencies or 999 for serious emergencies