



Stonewall exists to let all lesbian, gay, bi and trans people, here and abroad, know they're not alone. They are passionate about positive change and partner with organisations to help people find ways to flourish, and individuals to reach their full potential. They are also here to support those who can't yet be themselves.

Phone: **08000 50 20 20**

Website: **www.stonewall.org.uk**

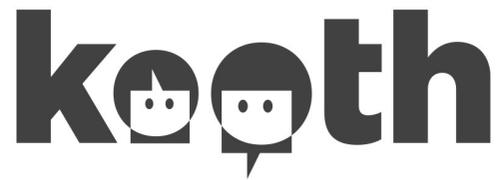


Samaritans provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

Phone: **116 123**

Website: **www.samaritans.org**

Email: **jo@samaritans.org**



Free, safe and anonymous online support for young people. Want someone to understand or advice to help a friend? Kooth are here for you.

Website: **www.kooth.com**



Calm Harm provides tasks that help you resist or manage the urge to self-harm and it's completely private and password protected.

Download the app from the **App Store/Google Play** by searching "**Calm Harm**"

Or go to **www.stem4.org.uk/calmharm**



**Useful numbers,
websites and apps
to access when
you feel you need
a little support**



childline

ONLINE, ON THE PHONE, ANYTIME

Childline is the free helpline and online service for children and young people in the UK. Talk to a trained counsellor about any problem, or talk to other young people via their message boards.

Phone: **0800 1111**

Website: www.childline.org.uk



Beat is the UK's eating disorder charity. Their aim is to give sufferers and their loved ones a place where they feel listened to, supported, and empowered.

Phone: **0808 801 0711**

Website: www.beateatingdisorder.org.uk



Living with the consequences of rape and sexual abuse can be devastating. The Survivors Trust believes that all survivors are entitled to receive the best possible response to their needs whether or not they choose to report.

Phone: **0808 801 0818**

Website: www.survivorstrust.org



Essential support for under 25s

The Mix can help you whether you're 13, 25, or any age in between. They can support you with embarrassing problems, weird questions, and those please-don't-make-me-say-it-out-loud thoughts you might have. They give you the information and support you need to deal with it all. Because you can. Because you're awesome.

Phone: **0808 808 4994**

Website: www.themix.org.uk



Star's aim is to provide information and education around bereavement, serious illness and loss to children, young people, their families as well as providing appropriate support around bereavement.

Phone: **01924 787284**

Website: www.starbereavement.org.uk



Mermaids support young people that feel at odds with their birth gender, as well as parents or carers with a child who feels this way.

Phone: **0344 334 0550**

Website: www.mermaidsuk.org.uk