

# Support Services and Helpline Information

**Remember - talk to any member of staff, School Nurse, LGS**



**Child Bereavement UK** - Free helpline 0800 02 888 40

<https://childbereavementuk.org/>



**Kooth** - Free, safe & anonymous online support for young people

<https://www.kooth.com/index.html>



**Cruse Bereavement Care** - Free helpline 0808 808 1677 <https://www.cruse.org.uk/>



**Mind** - Call 0300 303 5999 (local rates) <https://www.mind.org.uk/information-support/helplines/>



**Samaritans** - Free helpline 116 123 <https://www.samaritans.org/how-we-can-help>

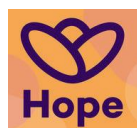


**Crisis Messenger** - Free text service: text THEMIX to 85258

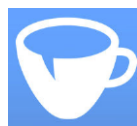
<https://www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger>

Free helpline 0808 808 4994

## Apps - Free to download



**Hub of Hope** - A national mental health database which brings together organisations & charities who offer mental health advice & support, together in one place.



**7 Cups** - Provides online therapy & free support to people experiencing emotional distress.



**Headspace** - Helping dealing with stress using guided meditations & mindfulness techniques, also sleep aid advice.