



Free and Confidential National and Local Support

If you are feeling low, having thoughts of ending your life, struggling with life, relationships, or may be in a controlling or abusive relationship. These are the numbers you can contact to talk things through or find out about more support.

MyCWA – Support for those affected by domestic abuse

03333 449505

<https://www.mycwa.org.uk/>

Shout – 24 hour crisis text line

Text 85258

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

Papyrus – Prevention of young suicide

0800 068 4141

<https://papyrus-uk.org/>

Childline – Support for young people

0800 1111

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

Samaritans – National suicide support

116 123

<https://www.samaritans.org/>

The Mix – Online counselling support for 11–25 year olds

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