

If you need support, help is out there...

Crisis Services:

SAMARITANS

116 123 (open 24/7)



PAPYRUS
HELPERS OF YOUNG PEOPLE

0800 068 41 41 or Text

PAPYRUS to 07860 039967

childline

ONLINE, ON THE PHONE, ANYTIME

0800 111 (open 24/7)



Sussex Partnership
NHS Foundation Trust

Sussex Mental Healthline

0800 0309 500 (24/7)



Text Services:

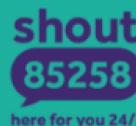
For under 25s:

Text **THE MIX** to 85258



For help with self-harm:

Text **SHOUT** to 85258



here for you 24/7

For info and advice:

Text **YM** to 85258



**General
Support:**

For emotional wellbeing:

e-wellbeing.co.uk



e-wellbeing

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YMCA DownsLink Group

For help with eating disorders:

beateatingdisorders.org.uk



For young people and families:

youngminds.org.uk



**IN CASE OF
EMERGENCY:**

Call 111 or 999, or go to
your nearest A&E



e-wellbeing

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