

Online & Phone Counselling Support for Young People

YoungMinds - Crisis Messenger

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support across the UK

Text: YM to 85258

YoungMinds aims to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

The YoungMinds Crisis Messenger is powered by Shout and Crisis Text Line.

It is free and confidential to text the service from the following major networks:

EE, O2, Three and Vodafone.

These include - BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some Android phones issue a warning that you will be charged for texting us, provided you are on one of these networks this warning is incorrect and you will not be charged. If you text YoungMinds from a network that is not on this list there is a possibility that you may be charged for the messages and that they may appear on your bill, this is because some networks do not provide the capability to message short codes.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Childline - online and on the phone support for children and young people

Children and young people can confidentially call, email, or chat to a counsellor online about any problem big or small:

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Freephone helpline: 0800 1111 (24 hour service)

Sign up for a Childline account on the website to message a counsellor anytime without email