








Need someone to talk to? Someone is always there for you,

Use the links below.

 	<p>https://togetherall.com/</p>
	<p>They also offer a 24/7 a Crisis messenger support service across the UK Text YM 85258</p>
 	<p>https://www.samaritans.org/</p> <p>24/7 phone line 116 123</p>
	<p>Provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline. https://www.papyrus-uk.org/hopelineuk/</p> <p>HOPELINEUK :08000 684141.</p>
	<p>https://www.brook.org.uk/ (all areas) Free and Confidential sexual health and wellbeing experts</p>

If you feel unsafe in an emergency always remember **999**

If it is not safe to speak press **55** and the call handler will respond to the call.