

## HELP DURING COVID 19

Surviving lockdown is hard. Looking after our mental health is crucial. If you need help talk to someone, a family member, friend or teacher might be able to help. Here are some places you can get help...

1. Young Minds have a free 24 hour crisis text messenger service. Their website has lots of great ideas too. See [www.youngminds.org.uk](http://www.youngminds.org.uk)
2. AnxietyUK have lots of resources to help manage anxiety on their website [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) plus a helpline 03444 775 774 to talk to someone between 9.30 and 5.30, Mon-Fri. They also have a dedicated email [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)
3. Childline is a free and confidential service where you can talk about anything. They have several ways to get in touch with a counsellor, including an email form, 1-2-1 Chat, and a free helpline (0800 1111) that is open daily from 9am to Midnight
4. The Mix crisis messenger text service provides free, 24/7 crisis support across the UK. If you're aged 25 or under you can text THEMIX to 85258
5. The Samaritans have a 24/7 free phonenumber so you can talk to someone any time. Call 116 123

