

IF you need further information or support

 <p>Prince's Trust</p> <p>Mental Health Page</p>	<p>One stop shop: A full list of support for a variety of issues including mental health</p> <p>Agencies that supports young people in England, Wales, Scotland and Northern Ireland</p>	
<p>YOUNGMINDS</p> <p>Lots of useful information about lots of topics</p>	<p>If you need urgent help Text: YM to 85258</p>	<p>24/7 Support across UK.</p> <p> Parents helpline 0808 802 5544</p> <p>Support guides, feelings and symptoms guides. Advice on how to look after yourself and your friends and family.</p>
<p>childline</p> <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p> <p>Helpline, support and resources</p>	<p> 0800 1111</p>	<p>Advice, Information and games Helpline</p> <p>1 -2 -1 Counselling</p> <p>Sign language support</p> <p>Different languages</p>
 <p>Online support and information</p>	<p> 0300 123 3393 info@mind.org.uk Text: 86463</p>	<p>Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).</p> <p>Mind provides information on a range of topics. Mind will look for details of help and support in your own area.</p>
 <p>Drop in support available in West Midlands</p>	<p></p>	<p>Drop in centres in Sandwell, Shropshire and Wolverhampton.</p>
 <p>Find NHS support near you</p>		<p>Go to website and enter your postcode. This will provide all the local agencies that can support mental health.</p>
 <p>Available 24/7 Everyday</p>	<p> 116 123 jo@samaritans.org</p>	<p>Offer a safe place for you to talk any time you like, in your own way – about whatever is getting to you.</p> <p>Next Generation Text service available</p>