



YoungMinds wants to make sure every young person gets the mental health support they need, when they need it, no matter what.

If you are a young person and need support with your mental health

youngminds.org.uk



childline

Childline – a free, private and confidential service where children & young people can talk about **anything**. We're here for you online, on the phone, anytime.

24hrs - 7 days a week

0800 1111

Fearless

Young people can pass on information about crime 100% anonymously

0800 555 111



CEOP



Child exploitation & online protection

Safer Internet



NSPCC



Childnet



Do you know how to be safe online?

Where to get help?

Who to contact?

What to do?

ALWAYS get the help you need