

[illegible]

Remember, no matter how you feel, there is always someone to talk too!

*CHILDLINE--<https://www.childline.org.uk/>...**0800-1111**·open·24hrs/7·days·a·week
*SAMARITANS--<https://www.samaritans.org/>...**116-123**·open·24hrs/7·days·a·week
*NHS·Mental·Health·Line·**0800-0309-500**·open·24hrs/7·days·a·week
*SHOUT---Text·**85258**
*YoungMinds--·[text·YM·to·85258](https://www.youngminds.org.uk/about-us/contact-us)·27hrs/7·days·a·week·<https://www.youngminds.org.uk/about-us/contact-us>...



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PAPYRUS
PREVENTION OF YOUNG SUICIDE



#StayAlive

YOUNGmINDS
fighting for young people's mental health

Self-harm—what have you planned as your distraction techniques—go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/drawor engage with the *CalmHarm* app

