

Free online support for young people

Website Name	Link	Age	Support Offered
The Mix	http://www.themix.org.uk/get-support	Under 25	online/telephone/chat counselling and also has message boards and moderated forums and gives information on a range of issues which you might be experiencing (similar to Kooth). For all issues
Samarians	https://www.samaritans.org/how-we-can-help-you/contact-us	All	Phone and email support. Issues do not have to be suicide related to get support
Childline	https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/	Under 20	Phone and one to one counselling and information on all issues
Young Minds	https://youngminds.org.uk/contact-us/	Under 25	No personal support, however the website gives good information and signposting on a range of mental health issues/conditions
Mind	https://www.mind.org.uk/information-support/helplines/	Adults	A good source of information on mental health issues/conditions has a support phone line and email for information and signposting
Stonewall	http://www.stonewall.org.uk/contact-us	All ages	For LGBTQ+ issues. Gives information and support around all issues relating to being LGBTQ+. No counselling facility
Frank	http://www.talktofrank.com/livechat	All ages	Counselling/phone/text/email and information for issues relating to substance misuse
B-Eat	https://www.b-eat.co.uk/support-services	All ages	Moderated chat rooms/phone/email support and information for issues relating to eating disorders
Kidscape	https://www.kidscape.org.uk/advice/	All ages	No personal support but offers information on a range of bullying issues
Brook	https://www.brook.org.uk/your-life	Under 25	No personal support but offers information on sex and relationship related issues e.g. pregnancy, STI's, contraception, sexuality etc
Campaign Against Living Miserably	https://www.thecalmzone.net/help/get-help/	All ages	Web chat and telephone support 5 p.m. to midnight. Has information on many issues.
Papyrus	https://papyrus-uk.org/	Up to 35 years	Helpline (Hopeline) and support for young people thinking about suicide.
Winston's Wish	https://www.winstonswish.org/death-through-suicide/	Under 25	For young people affected by bereavement including suicide. Telephone, text and web chat
Become	https://www.becomecharity.org.uk/for-young-people/	Under 25	Support for young people in care or leaving care