

USEFUL CONTACTS FOR SUPPORT

DEBT AND MONEY MANAGEMENT

[Turn2Us](#) have information and help on their website around what benefits, schemes and grants might be available and provide information and financial support

[Stepchange](#) provide free debt advice online, recommend the best solution for someone's personal circumstances and support.

MENTAL HEALTH

[Kooth](#) is a free online counselling and emotional well-being platform for young people, accessible through mobile, tablet and desktop

[The Mix](#) have everything you need to know about mental health, from anxiety and depression to self-care and counselling for under 25's

[Woebot](#) is a phone app chatbot for mental health support

[Samaritans](#) offer emotional support for anyone feeling down, experiencing distress or struggling to cope. Contact 776123

[Campaign Against Living Miserably](#) (CALM) provides listening services, information and support for men at risk of suicide. Contact 0800 58 58 58 (UK helpline) or 0808 802 58 58 (London helpline)

[Rethink Mental Illness](#) provides support and information for anyone affected by mental health problems, including local support groups: 0300 5000 927

[Youth Access](#) offer advice and counselling network for young people, including details of free local services

[Calm Harm App](#) is an app which helps you to manage self-harm and can be downloaded on to your phone. Calm harm provides tasks to help you resist or manage the urge to self-harm