

Helplines

- ▶ **Childline** is a confidential line for children to call if they need help or advice about any topic.
Phone: **0800 1111** You can also access 1-2-1 counselling (9am-midnight):
<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
- ▶ **Young Minds** is a charity championing the wellbeing and mental health of young people.
Phone: **0808 802 5544** Text: **text YM to 85258** (If you need urgent help)
Website: www.youngminds.org.uk
- ▶ **LGBTQ+ Youth Service** - Leicester: <https://leicesterlgbtcentre.org/youth-service>
for Young People. leicesterlgbtcentre.org Phone 0116 2547412:
- ▶ **Vitaminds** counselling self-referral for 16yrs and over:
<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/>

Report anything you are concerned or worried about to the police via 101 unless it is an emergency, call 999.

