Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

TIC+ : chat: 0300 303 8080 – free, anonymous phone line
text : 07520 634063

Samaritans: ring: 116 123 email: jo@samaritans.org

Childline: ring: 0800 1111

Youngminds: text: YM to 85258

Kooth: https://www.kooth.com/

Mindful: https://www.mindful.org/

CrimeStoppers: 0800 555 111 (100% anonymous, Always)

Gloucestershire Self Harm Helpline: (5pm to 10pm daily):
Freephone: 0808 801 0606 www.gloucestershireselfharm.org text :07537 410022

Glos NHS: https://www.onyourmindglos.nhs.uk/

Hope House—Sexual Assault Referral Centre http://www.hopehouse.nhs.uk/

Gloucestershire Rape and Sexual Abuse Support http://www.glosrasac.org/

Safe Teenage Relationship Education & Empowerment Team (STREET) http://www.gdass.org.uk/support-for-young-people/

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