

Free and Confidential National and Local Support for Young People

If you are feeling low, having thoughts of ending your life, struggling with life, relationships, or may be in a controlling or abusive relationship. These are the numbers you can contact to talk things through or find out about more support.

Cheshire Without Abuse - 24 hour helpline - 01270 250390

<https://www.cheshirewithoutabuse.org.uk/>

Advice and Crisis Support/accommodation

Shout - Crisis Text Line - 24 hour textline - Text 85258

<https://www.giveusashout.org/>

Text if you are feeling unable to cope

Papyrus - National Charity Prevention of Young Suicide

HopeLine 0800 068 4141

<https://papyrus-uk.org/>

Childline - 24 hour help - 0800 1111

Children and Young People struggling with anything.

<https://www.childline.org.uk/>

CentrePoint - Homelessness Risk aged 16-25

Free 0808800 0661 (Mon-Fri 9-5)

<https://centrepoin.org.uk/>