



Who can help me when school is closed?



[WWW.childline.org.uk](http://www.childline.org.uk) – Available FREE any time day or night for help and support with any worry (for anyone under 19)

Call free 0800 1111

Or visit the web site to use their 1-2-1 counsellor chat www.childline.org.uk

<http://www.themix.org.uk/>



Helpline 0808 808 4994 or text THEMIX to 85258 for crisis support. Website offers 1-2-1 chat plus advise and support on a range of issues and worries (for anyone under 25).



Free anytime (24/7) if you need to talk. Call 116 123 or text 07725 909090 (for anyone any age).