

Someone for you to talk things through

Talkzone for help and advice 2pm till 10pm 365 days a year

<http://www.lancashire.gov.uk/youthzone>

Call 0800 51 11 11

Email talkzone@lancashire.gov.uk

Text 07786 51 11 11

Kooth your online mental wellbeing community

<http://www.kooth.com/>

Samaritans we're waiting for your call

www.samaritans.org

Call 116 123

Email jo@samaritans.org

Childline Online, On the Phone, Anytime

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

Call 0800 1111

NSPCC Every child is worth fighting for

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