



WELL BEING AND MENTAL HEALTH

Mental Health and Wellbeing Services

1

KOOTH.COM

Free Mental Health Online counselling for 11-25 year olds.

2

TEXT 'SHOUT' TO 85258

Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

3

NHS CHAT HEALTH : 07507330205

Text or go to chathealth.nhs.uk for advice on health issues, sexual health, emotional health and wellbeing.

4

YOUNG MINDS : TEXT YM TO 85258

24/7 support for 14 - 25 year olds. Parent support line 08088025544 Mon - Fri 9.30 - 4.00 pm



MANCHESTER
CITY COUNCIL



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