

LINK Counselling - 01895 277222 *KOOOTH - Online Counselling - Free, Safe and anonymous *Childline - Under 19's - 0800 1111 *Samaritans - 116 123 / Hillingdon - <u>01895 253355</u> *Place to be - 020 7923 5500 *Young Minds - 0808 802 5544 *Relate - 0300 003 2324 Campaign against Living Miserably (CALM) - For Men 0800 585858 - 5pm to 12pm or visit web chat page. *Papyrus - Under 35's - 0800 068 4141 - Text 07786209697 *Youth Access -0208 772 9900 Find a service *The Mix - 0808 808 4994 or text 85258 Harlington Hospice - Bereavement 4-17yrs - 07712234518 P3 - Housing/Addiction/education - 01895 436114 IAPT - NHS England - Online, use postcode to find counselling *Shout - Text shout to 85258 * for all ages including under 13 years Who else you can talk to? GP or NHS 111 Hillingdon Mental Health crisis team - Single Point of access - 0800 0234 650	LINK Counselling - 01895 277222 *KOOOTH - Online Counselling - Free, Safe and anonymous *Childline - Under 19's - 0800 1111 *Samaritans - 116 123 / Hillingdon - <u>01895 253355</u> *Place to be - 020 7923 5500 *Young Minds - 0808 802 5544 *Relate - 0300 003 2324 Campaign against Living Miserably (CALM) - For Men 0800 585858 - 5pm to 12pm or visit web chat page. *Papyrus - Under 35's - 0800 068 4141 - Text 07786209697 *Youth Access -0208 772 9900 Find a service *The Mix - 0808 808 4994 or text 85258 Harlington Hospice - Bereavement 4-17yrs - 07712234518 P3 - Housing/Addiction/education - 01895 436114 IAPT - NHS England - Online, use postcode to find counselling *Shout - Text shout to 85258 * for all ages including under 13 years Who else you can talk to? GP or NHS 111 Hillingdon Mental Health crisis team - Single Point of access 0800 0234 650
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