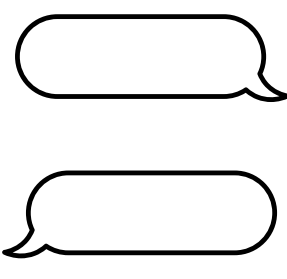


USEFUL WEBSITES AND RESOURCES



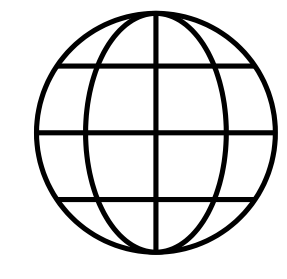
PHONE LINES

- Samaritans - 116 123
- Sussex Mental Healthline - 0800 0309 500
- Childline - 0800 1111



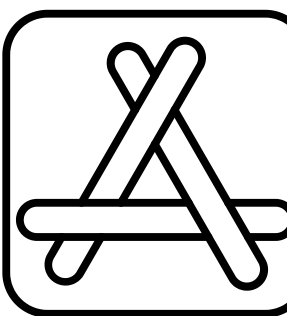
TEXT SERVICES

- Text SHOUT to 85258
- Text YM to 85258



WEBSITES

- e-wellbeing.co.uk
- westsussex.gov.uk/YourMindMatters
- harmless.org.uk
- papyrus-uk.org



FREE APPS

- Stay Alive
- Calm Harm
- Mind Shift
- distrACT

**If you or your
child are in crisis
please call 999 or
present to A&E.**