**Websites and apps that support young people**

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|  | Offers free, safe and anonymous online support for young people | <https://www.kooth.com/>  [**0808 808 4994**](tel:08088084994) |
| Image result for childline | Offer free advice, resources, online and phone support | <https://www.childline.org.uk/>  0800 1111 |
|  | Support and information. Online chat and support. | <https://www.samaritans.org/>  116 123 |
|  | The Mix offers online support and over the phone support for under 25s | <https://www.themix.org.uk/> |
| Prince's Trust | Offering a Coronavirus Support Hub  One-to-one support, advice and guidance so young people can continue to develop confidence and upskill. | <https://www.princes-trust.org.uk/help-for-young-people>  [**0800 842 842**](tel:0800%20842%20842) |
|  | Online resources and support including YoungMinds Crisis Messenger text service providing free, 24/7 crisis support across the UK. | <https://youngminds.org.uk/>  <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>  Text YM to 85258. |
|  | Offer advice and support for care experienced young people. | [advice@becomecharity.org.uk](mailto:advice@becomecharity.org.uk).  0800 023 2033 |
|  | Help at hand website for children and young people in care.  Free support, advice and information. | <https://www.childrenscommissioner.gov.uk/help-at-hand/>  0800 528 0731 |
|  | The NHS also has a handy list of Apps you can access for support with wellbeing and mental health | <https://www.nhs.uk/apps-library/category/mental-health/> |