



Support now.

Here, you'll find trusted helplines, text services, and online chat options—so no matter the time of day or night, you're never alone. No waiting, just support.

Childline

[Childline | Childline](#)



If you're under 19 you can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.

[Can provide a BSL interpreter](#) if you are deaf or hearing-impaired.

Hosts [online message boards](#) where you can share your experiences, have fun and get support from other young people in similar situations.

Opening times:

24/7

[0800 11 11](#)

NHS CORNWALL HELPLINE

In a crisis, or know someone in crisis? Need someone to talk to? The helpline is open 24/7 to listen and determine how best to help.

- **Call:** [0800 038 5300](#)
- **Web:** cornwallft.nhs.uk/mental-health-crisis-cornwall



NHS 111

To get urgent mental health advice from the NHS, call 111 and select the mental health option. 111 will tell you where you can get help. They may also be able to put you through to a trained mental health professional over the phone.

111 can support anyone who is feeling unsafe, distressed or worried about their mental health. They can also give information and advice about what to do if you're worried about someone else.

If you would rather get help online, you can use [111 online](#).

Opening times:24/7

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SAMARITANS

Samaritans

Whatever you're going through, you can contact the Samaritans for support. N.B. This is a listening service and does not offer advice or intervention.

Opening times:

24/7

[116123](tel:116123)

jo@samaritans.org



shout
85258

Shout

[Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258](#)

Text SHOUT to 85258.

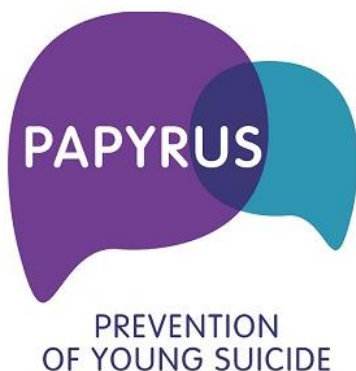
Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Opening times: 24/7



PAPYRUS
PREVENTION
OF YOUNG SUICIDE

Papyrus

[Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

Offers confidential advice and support if you're struggling with suicidal thoughts, and information about how to make a safety plan.

Its helpline service - HOPELINE247 - is available to anybody under the age of 35 experiencing suicidal thoughts, or for anyone concerned that a young person could be thinking about suicide.

Opening times:

24/7 every day of the year

[0800 068 4141](tel:08000684141) or text [88247](tel:88247)

pat@papyrus-uk.org



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CALM

If you're struggling, you can talk to CALM. Chats are free, confidential and anonymous – helpline open 5pm–midnight, 365 days a year.

If you're under 15 and need support, find more information [here](#).

- **Call:** [0800 58 58 58](tel:0800585858)
- **Web:** thecalmzone.net