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	Online mental health support	Visit www.kooth.com (10am – 10pm)	www.kooth.com
	Crisis 24/7 text service.	Text 'SHOUT' to 85258	www.giveusashout.org
 <small>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</small>	Provides support for young people through counselling, advice, and other services.	Call 0800 1111	www.childline.org.uk
	Confidential emotional support.	Call 116 123 E-mail jo@samaritans.org	www.samaritans.org
	Provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.	Call 01392 385637 E-mail y-smart@devon.gov.uk	www.y-smart.org.uk
	Offers mental health support specifically for young people, including counselling, workshops, and peer support.	Call 0800 136 663 E-mail help@nspcc.org.uk	www.nspcc.org.uk
 <small>fighting for young people's mental health</small>	Provides free, 24/7 crisis support across the UK if you're experiencing a mental health crisis.	Young person text: YM to 85258 Parents' helpline: 0808 802 5544	www.youngminds.org.uk
	Support for LGBTQIA students	Call 0808 801 0400 E-mail info@mermaidsuk.org.uk	https://mermaidsuk.org.uk
	Bereavement support	Call 01803 393917 E-mail info@childrenandfamiliesgrief.co.uk	www.childrenandfamiliesingrief.co.uk
	Bereavement support	Call 0808 808 1677	www.cruse.org.uk

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	Provides support for young people through counselling, advice, and other services.	Call 08082 810155 E-mail info@youngdevon.org	www.youngdevon.org
	Provides activities and mental health support for young people.	Call 01392 662112 E-mail info@spacepsm.org	https://spacepsm.org/
	Provides support and comfort after suicide loss	Self-referral on the website; https://www.smartsurvey.co.uk/s/Self-Referral/	www.petesdragons.org.uk
	Prevention of young suicide, support for young people with suicidal thoughts	Call 0800 068 4141 E-mail pat@papyrus-uk.org Text 88247	https://www.papyrus-uk.org/
	Support for eating disorders	Call 0808 801 0677 E-mail help@beateatingdisorders.org.uk	https://www.beateatingdisorders.org.uk/
	Help and support for grieving and bereaved children	Call 08088 020 021 E-mail ask@winstonswish.org	https://winstonswish.org/