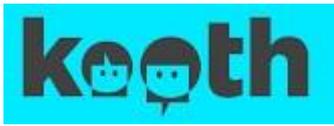




# Support and advice for students



Kooth is an online mental wellbeing community for young people aged 10-16 in Kent. It offers free online counselling and support including self-help tools, articles, journals, magazines, discussion boards and access to fully trained counsellors. Counsellors are available from 12 noon – 10pm on weekdays, and 6pm – 10pm on weekends every day of the year on a drop-in basis.

[www.kooth.com](http://www.kooth.com)



Confidential texting service for young people aged 11-19. You can text the school health team about any concerns or health issues on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm.

[www.kentcht.nhs.uk/service/school-health/chathealth](http://www.kentcht.nhs.uk/service/school-health/chathealth)



24/7 text service, free on all major mobile networks for all ages, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

[www.crisistextline.uk](http://www.crisistextline.uk)



The Mix provides information, support and listening for people under 25. Phone 0808 808 4994 (24 hours) or Get support online.

[www.themix.org.uk](http://www.themix.org.uk)



Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to the age of 19. Phone 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)



The Samaritans provide 24-hour confidential listening and support for anyone who needs it. If you're having a difficult time, showing signs you may be struggling to cope. If you're supporting someone else and need help. If you think it's an emergency:

Phone 116 123 (24 hour) or Email: [jo@samaritans.org](mailto:jo@samaritans.org)



CEOP (Child Exploitation and Online Support) is where you can report online abuse. CEOP help young people stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it at:

[www.ceop.police.uk/SAFETY-CENTRE](http://www.ceop.police.uk/SAFETY-CENTRE)