



Wellbeing Useful Contacts



Child Line	(24 hrs)	0800 1111
CAMHS Crisis Team	(10.00-22.00)	0800 051 6171
Samaritans	(24 hrs)	116 123
NSPCC		0808 800 500
Online Counselling		kahoot.com
Compass Buzz		07520 631168
Text a wellbeing worker		
Compass Reach		01609 777662
Mental Health & Drugs/Alcohol		
LGBT Helpline		0345 3303030
Sexual Health Advice		0300 123 7123