

Need to TALK?



If you're a young person, here's some places you can go and people you can talk to



If your life is in immediate danger, please call 999

Childline

0800 1111
childline.org.uk

If you need help **NOW**, and you're under 19, you can speak anonymously to someone on the phone or online **24/7**. Their website has some great things to read & activities to help with your wellbeing or calm you down

SHOUT

text SHOUT to
85258

If you need help **NOW**, SHOUT is a text service for anyone in the UK. You can chat anonymously and confidentially about *anything* that's bothering you, **24/7**. You can also visit their website: giveusashout.org

Kooth

kooth.com

Kooth is a website for 11-19 year olds to deep dive into mental health. You can talk to a professional, or chat with other young people on their forum - all anonymously. They also have helpful activities & tools to use

Young Devon

young
devon.org

No matter what sort of help you need, Young Devon will help you find it. Anything from skills workshops, to wellbeing, victim support or sexual health - they've got it covered. If you'd rather call them, ring 0808 281 0155

Youth Clubs

Youth clubs are great places to make friends, hang out & have fun. There are staff there too, making sure everyone's having a good time, answering questions you're too scared to ask your family and helping you learn the stuff they don't teach in school

Your nearest youth club is:

The Yard Youth Club
Fore St, Moretonhampstead
01647 440830
for ages 8 - 16

SPACE Online Youth Centre

Sometimes you can't make it to an in person youth club for lots of reasons, and that's ok! SPACE has an Online Youth Centre on Discord for 13-19 year olds where you can hang out, play games & truly be yourself, with the same professional support you'd get in person. You can sign up by using the QR code or visit spaceyouthservices.org

