

Struggling with any of the topics in our latest survey? We've made a list of useful websites and organisations that might be able to provide advice and support.



Advice for young people about mental health and emotional wellbeing.

 Text "YM" to 85258

 www.youngminds.org.uk



Confidential telephone, text and 1-2-1 online advice. Provides free connections to local or national services.


 0808 808 4994 (7 days a week, 1pm-11pm)

 Text "THEMIX" to 85258

 www.themix.org.uk




Listening service providing confidential support for anyone in emotional distress


 116 123 (24 hr, 365 days a year)

 www.samaritans.org




Free and confidential text support service for moments when you are dealing with self-harm.

 85258

 <https://giveusashout.org/get-help/issues/help-self-harm/>




The national domestic abuse helpline. Refuge mainly provides support for women and children.

 0808 2000 247 (open 24/7)

 <https://www.nationaldahelpline.org.uk/>




The Men's Advice Line is a helpline for male victims of domestic abuse.

 0808 8010327 (Mon-Fri 10am-5pm)

 <https://mensadviceline.org.uk/male-victims/>



Support and information to those affected by sexual violence.

 0808 500 2222 (open 24/7)

 <https://rapecrisis.org.uk/get-help/want-to-talk/>




Support for men, boys and non-binary people affected by sexual violence.

 020 3322 1860 (12pm-8pm, 7 days a week)

 <https://www.survivorsuk.org/helpline/>



Free confidential advice over the phone or in person on a variety of areas including work, housing and cost-of-living.

 [0800 144 8848](tel:08001448848) (open 9am-8pm, Mon-Fri and 9:30am-1pm Saturday)

 <https://www.citizensadvice.org.uk/>

Support at your university

If you go to university, your university might offer various services, including free and confidential counselling. Check out this [NHS page](#) for the types of services your university might offer.