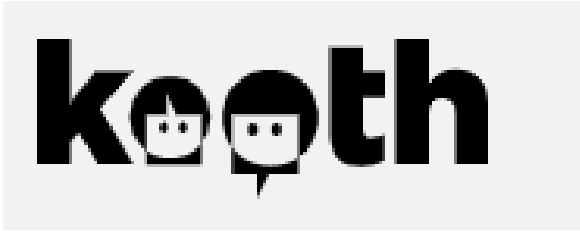


Where can you get help from over the summer?



<https://www.kooth.com/>

Kooth is your online mental wellbeing community.



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

If you're under 19, you can confidentially call, email or chat online about any problem, big or small. Freephone 24-hour helpline: [0800 1111](tel:08001111)



The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to [85258](text:85258).



<https://reportharmfulcontent.com/child/>

Reporting harmful contact. If you have any issues online that you feel need to be reported you can click on the report button on this website and your issue will then be investigated. If you just need some advice on how to deal with or approach an online issue then you can click the advice button and then select the relevant topic.



Championing advice and counselling

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

A place for you to get advice and information about counselling in the UK, if you're aged 12-25