

# 10 Places to get help

There are many organisations and charities that can help you if you are struggling. These are just a few that you can get in touch with if you need some more help.

**NHS**  
**Every Mind Matters**  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)



**Anxiety UK**  
<https://www.anxietyuk.org.uk/>



**BEAT**  
[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)



**Samaritans Call 116 123**  
[www.samaritans.org/](http://www.samaritans.org/)



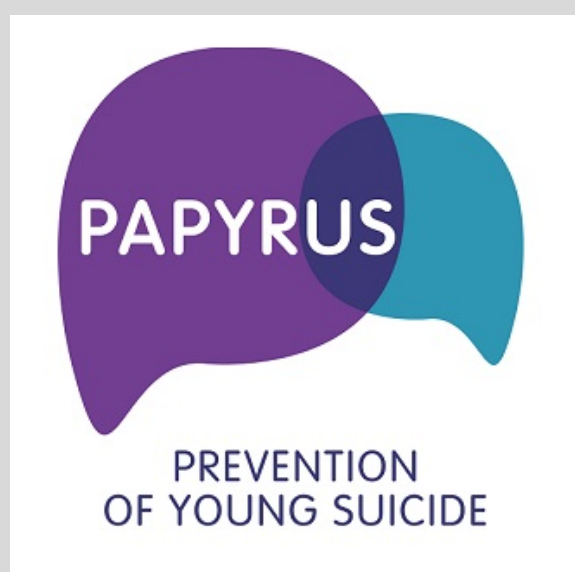
**Child Line**  
[www.childline.org.uk/](http://www.childline.org.uk/)



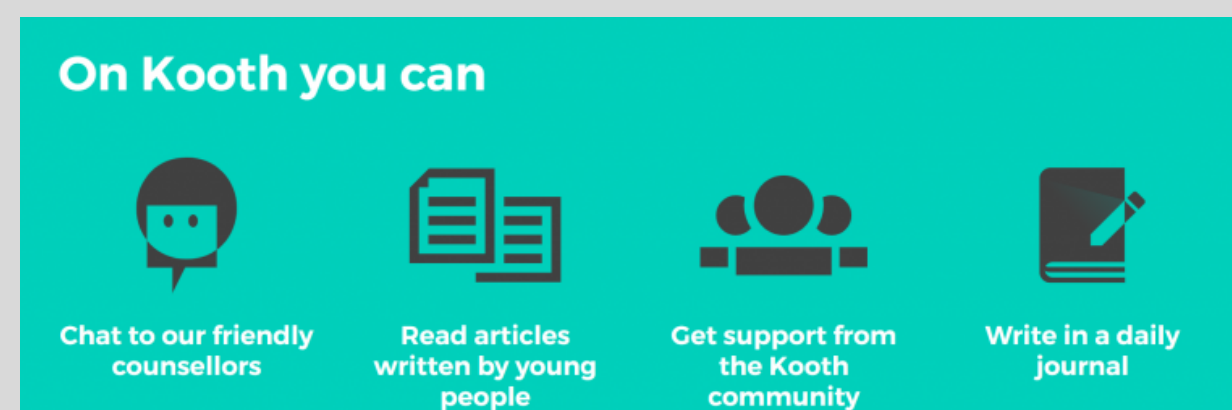
**Young Minds**  
[youngminds.org.uk/](http://youngminds.org.uk/)



**Papyrus**  
[papyrus-uk.org/](http://papyrus-uk.org/)



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



**Mind**  
[www.mind.org.uk/](http://www.mind.org.uk/)



**Hub of Hope**  
[hubofhope.co.uk/](http://hubofhope.co.uk/)

