

## Free & Confidential HELP for Children and Young People in Haringey

A new 24/7 Haringey helpline for children, young people, parents/carers and school staff experiencing a mental health crisis | 0300 0200 500.

Haringey helpline for children, young people, parents/carers and school staff - 0208 702 6035, Monday - Friday 09:00am - 3:00pm.

Kooth - Online mental health and wellbeing support service for 11-18 years and up to 25 if there are additional needs. Monday to Friday | 12pm -10:00pm and Saturday to Sunday | 6pm to 10:00pm.

<https://www.kooth.com>

Good Thinking is FREE for Londoners.

24/7 texting SHOUT to 85258.

24/7 calling Childline on 0800 1111 or the Mix on 0808 808 4994.

<https://www.good-thinking.uk>

Support with an eating disorder ring Beat's Youthline on 08088010711 | Monday to Friday | 12pm-8:00pm or Sat-Sun/Bank Holiday 4pm-8:00pm. You can also contact the team for a one-to-one web chat

<https://www.beateatingdisorders.org.uk/support->