


# National Apps and Services

 headspace



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**nshn**  
National Self  
Harm Network

When life is tough,  
we're here to listen

**SAMARITANS**

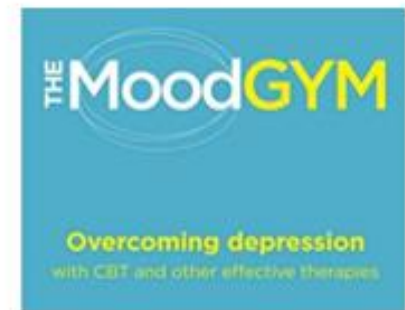
Call us free 24/7 on

**116 123**

samaritans.org



**MindShift CBT**  
Free Evidence-Based Anxiety Relief



 **mind** in Brighton and Hove  
for better mental health





# Kirklees Services

**Thriving Kirklees**  
Telephone: 0300 304 5555  
Text: 07520 618867



[www.thrivingkirklees.org.uk](http://www.thrivingkirklees.org.uk)



**Confidential health advice for young people in Kirklees**

Simply text Thriving Kirklees and wait for a response from a professional

[www.thrivingkirklees.org.uk](http://www.thrivingkirklees.org.uk)



On Kooth you can

 Chat to our friendly counsellors	 Read articles written by young people	 Get support from the Kooth community	 Write in a daily journal
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