

Support Cards

HEALTH FOR TEENS
NHS
Manchester University
NHS Foundation Trust

TEXT YOUR SCHOOL NURSE FOR
CONFIDENTIAL HEALTH ADVICE AND SUPPORT

07507 330205

YOU CAN ALSO VISIT:
WWW.HEALTHFORTEENS.CO.UK

TO SEE VIDEOS, FIND HEALTH INFORMATION AND TAKE QUIZZES

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41

**NSPCC-RUN HELPLINE FOR
VICTIMS OF SEXUAL ABUSE
IN SCHOOLS**

0800 136 663

Department for Education

ChildLine
0800 1111

Saheli
Making a difference

Forced marriage help

**If you or someone you know
needs help....**

**You could speak to a
friend or trusted adult**

A & E

In a crisis or emergency
alert parents/carers and
ring 999 or attend A&E

**Text
SHOUT
to
85258**

shout 85258 here for you 24/7

The SHARP System

<https://parrswood.thesharpsystem.com>

nestac
NEW STEP FOR AFRICAN COMMUNITY
always hope, never give up!
www.nestac.org.uk

Greater Manchester
Victims' Services

Call our support line
on:
0161 200 1950*

EMERGENCY HELP

YOUNG MINDS
fighting for young people's mental health

Text the YoungMinds Crisis Messenger for free 24/7
support across the UK if you are experiencing a
mental health crisis.
If you need urgent help, text YM to 85258.

ChatHealth
07507 330205

kooth

Kooth is a free online service
offering emotional
and mental health support
for children and young people

www.kooth.com

CEOP REPORT
ceop.police.uk