



Highsted Grammar School
Student Support Lines

ORGANISATION	CONTACT INFORMATION
Childline Support for child under 19 to discuss any concerns	0800 1111 (24-hour helpline) Website: www.childline.org.uk
Samaritans Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
Mind Support for mental health	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
YoungMinds Support for mental health	Urgent help text YM to 85258 (free 24-hour helpline) Website: www.youngminds.org.uk
KOOTH Online counselling support	Monday – Friday 12.00pm-10pm Saturday – Sunday 6pm-10pm Website: www.kooth.com
Beat Support for eating disorders	Phone: 0808 801 0711 (under the age of 18) Email: fyp@beateatingdisorders.org.uk Phone: 0808 801 0677 (above the age of 18) Email: help@beateatingdisorders.org.uk Website: www.beateatingdisorders.org.uk