

# MENTAL HEALTH SUPPORT FOR STUDENTS



## Kooth

Anonymous online mental health support for children and young people in Bolton aged 11-25. It can be accessed for free on any device via [www.kooth.com](http://www.kooth.com) – simple anonymous registration. Includes 1:1 text-based counselling, 24.7 messaging function, moderated forums, self-help materials and articles.



**Greater Manchester  
Mental Health**  
NHS Foundation Trust



## 24.7 Mental Health Crisis Line

Greater Manchester Mental Health have a free 24.7 Crisis Line on **0800 953 0285** where you can speak to a mental health professional. This number is for anyone of any age living in Bolton, Manchester, Salford or Trafford.



## Chat Health

A confidential texting service for anyone aged between 11 and 19 (25 if a Care Leaver or have SEND) who lives or goes to school in Bolton. Young people can text a Bolton Public Health Nurse anonymously for support on a range of topics including mental health, bullying, smoking, drugs, sexual health, bereavement, relationships and much more. To use Chat Health young people simply text their message to **07507 331753** and will get a reply within 24 hours. Parents/Carers can text 07507 331751 with questions ranging from infant feeding and child development, to behavioural issues and general advice.



## SHOUT

24/7 free crisis text line available to anyone across Greater Manchester. By **texting 'SHOUT' to '85258'** a young person will be put in touch with a trained Crisis Volunteer who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.



## Beat

Beat provide a 1:1 webchat for anyone affected by an eating disorder:

<https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>

The organisation also provides a range of helplines and email addresses for under18s, students and adults who need additional support: <https://www.beateatingdisorders.org.uk/support-services/helplines>



## Proud Connections

The Proud Trust have recently launched a digital help service for LGBT+ young people and the adults who support them. The instant messaging service is free, confidential and secure:

<https://beta.theproudtrust.org/proud-connections/>

