

Free Support Services

If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! You can also reach out to any of the support services below.



Supporting children and young people with advice, support and treatment. Quick and easy self-referrals and no long waiting lists

✉ Rdash.ceds@nhs.net

☎ 03000212349



Confidential service where young people under 19 in the UK can talk about anything they are going through no matter how big or small to trained counsellors.

☎ 08001111

🌐 www.childline.org.uk



Mental Health and Wellbeing support app/ platform for young people aged 11-25 to get advice, help others and share their story.

🌐 Kooth.com



Empowering young people under 25 to make informed choices about their Mental Health and Wellbeing and life's challenges.

☎ 24/7 Messenger: 'THEMIX' to 85258.

☎ 08088084994

🌐 TheMix.org.uk



Confidential 24/7 suicide prevention charity for young people and adults under 35 and anybody concerned or worried about another person.

☎ 08000684141

🌐 www.Papyrus-uk.org



Support, information and resources for all ages about Eating Disorders and anybody concerned about somebody else.

☎ UK - 08088010677

🌐 www.beateatingdisorders.org.uk



Zone 5 to 19 is a Health and Wellbeing service for Doncaster children, young people and families. It is delivered by a team of NHS professionals, who have lots of experience and expertise in supporting a wide range of aspects of Health and Wellbeing.

☎ 03000 213032

🌐 Zone5-19.rdash.nhs.uk

📍 The Flying Scotsman, DNI 3AP, 3rd Floor

If somebody needs urgent help or in immediate danger call 999. If you are looking for medical advice contact your GP or 111.

