

Children & Young People Crisis Support

GP

Speak to own GP or call NHS 111

Please be aware that we are not an emergency service. If you feel that you are in crisis or need more urgent support, then please contact **your GP** or **NHS Direct 111** Please note that there are other forms of support available:

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- **Childline** - anytime
- 0800 111

<https://www.childline.org.uk>

Online chat to counsellor

YoungMinds Crisis Messenger

Text 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
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Children's Social Care

Multi Agency Referral Unit

3 North
County Hall
Treyew Road
Truro
TR1 3AY

0300 1231 116

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/child-protection-and-safeguarding/>

- **Papyrus** - for young adults or anyone worried about a young person in crisis
- 0800 068 4141

- **Samaritans**
- 116 123 (free from mobile or landline)

- **SANE**
- 0300 304 7000 4.30pm-10.30pm

- **SHOUT**
- 24/7 text service - (Text Shout to 85258)
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Other places that may be considered depending on circumstances.

Police