

# Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

**Childline:** 0800 1111  
**Youngminds:** TEXT: YM to 85258  
**Gloucestershire Self Harm Helpline** (5pm to 10pm daily):  
Freephone:0808 801 0606  
[www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)  
TEXT:07537 410022  
**Samaritans:** 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
**Glos NHS:** <http://www.onyourmindglos.nhs.uk/>  
**Teens in Crisis:** 01594 372777 TEXT: 07520 634063  
**2gether NHS Foundation Trust's crisis teams:** (24 hours a day, 7 days a week)  
<https://www.2gether.nhs.uk/crisis>  
0800 1690392

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