Helping Hand

NO LiMiTS
Helping Young People Help Themselves

On each finger and the thumb, write the name of a person or a place you can go to for support and that make you feel safe



To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online.

For life-threatening emergencies, call 999 for an ambulance.

Crisis Support

SHOUT

Free text service for anyone in crisis anytime, anywhere.

Text 'HANTS' to 85258
Available 24/7

giveusashout.org

NHS 111

Support through their phone line and mental health information online.

111 (option 2)
Available 24/7

https://111.nhs.uk/guided-entry/mental-health-help

National Suicide Prevention Helpline

Offers a supportive listening service to anyone with thoughts of suicide.

0800 689 5652
6pm - midnight every day

spuk.org.uk

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Useful apps

Calm Harm: Helping young people manage the urge to self-harm.

DistrACT: Trusted information for people who self-harm or feel suicidal.

Stay Alive: Helping you to plan and stay safe during a mental health crisis.

Want support from No Limits?

Find out more about our free, confidential mental health support for young people at:
nolimitshelp.org.uk/mental-health-and-wellbeing