

It's Good to Talk!

Outside in Counselling Team

07800 689039

outside_in@wrexham.gov.uk



Need someone to talk to?

Childline

Online, On the phone,

Anytime

0800 1111

Samaritans

Call us anytime, day or night

116 123—Free

jo@samaritans.org



Feel like no-one understands

Papyrus—Hopeline UK

Prevention of Young Suicide

0800 0684141

SHOUT

Text 'SHOUT' to

85258

Here for you 24/7

YOUNGMINDS

If you need URGENT HELP text

YM to

85258

Don't suffer alone



The Info Shop

Generic Information & advice, advocacy,
contraception & sexual health clinic

01978 295600



There's much more to life than pain, you're so young, keep going