**Support for learners outside of College**

**Here are some places that can help when College is closed;**

**The Mix -** Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers’ mobile phones.

**Freephone 0808 808 4994** **(7 days a week 1pm-11pm)**

[**http://www.themix.org.uk/**](http://www.themix.org.uk/)

**Young Mind**

Advice, support and contacts for crisis for young people experiencing a mental health problem.

[**https://youngminds.org.uk/contact-us/**](https://youngminds.org.uk/contact-us/) **Crisis Messenger text:** 85258

[**https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/**](https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/)

**Childline – 0800 1111**

[**https://www.childline.org.uk/**](https://www.childline.org.uk/)

**Karma Nirvana**

A specialist organisation that provides free, confidential advice to women experiencing harmful cultural practices: **0800 599 247 (Mon-Fri 9am-5pm)**

[**https://karmanirvana.org.uk/**](https://karmanirvana.org.uk/)

**Samaritans**

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call for free **116 123**

[**https://www.samaritans.org/**](https://www.samaritans.org/)

**Police non-emergency: 101**
Call 101 to report a crime or with other concerns that do not require an emergency response. **Medical non-emergency: 111**

Call 111 to get advice on the phone if you are unwell and do not require an ambulance.

**In an emergency, always call 999 or make your way to the Accident and Emergency Department at your local hospital.**