

Online emotional wellbeing support contact details

Register for RENEW telephone support:

Throughout the crisis, RENEW are providing free telephone support to those who need it. This support will be offered voluntarily by qualified counsellors – but it is not counselling. If you are in need of support, please contact one of the counsellors by calling or texting one of the numbers below.

We will have a different counsellor on-call each day during this period.

For your first call, please ensure that you call us between 10.00am and 3.00pm and we will let you know what to expect.

Monday 07947 482 257

Tuesday 07903 410 131

Wednesday 07759 262 889

Thursday 07394 533 792

Friday 07538 120 469

Online Platforms:

Childline - Students at risk/ wellbeing resources www.childline.org.uk

Kooth - Online Counselling for students - www.Kooth.com

STEM4 - Apps for Self Harm/ anxiety/ also friends/family support -www.stem4.org.uk

XenZone - Students Mental Health support - www.xenzone.com

Samaritans - Mental Health - www.samaritans.org

Beat Eating Disorder - www.beateatingdisorders.org.uk

Stamp out Suicide - www.stampoutsuicide.co.uk

Cruse - Bereavement support - www.cruse.org.uk

Open Road - Drugs/ Alcohol support - www.openroad.org.uk

Young Minds - Mental health/ Parents helpline - www.youngsminds.org.uk

Yellow Door - Domestic and Sexual abuse - www.yellowdoor.org.uk

Peabody - Finances/ Housing support - www.peabody.org.uk