**Children’s Mental Health services**

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| **CAHMS Crisis Line** | **0800 953 0222**  **(**Urgent help) |
| **SHOUT (24/7)** | **Text 85258** |

**CAHMS Crisis Line:**

Anyone **under the age of 18** or family members of anyone under the age of 18 in crisis, should call NELFT's SET CAMHS on 0800 953 0222.

**SHOUT (24/7):**

If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night. Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.