

Support poster

Emotional & mental health crisis line for children, young people and parents.

Free to call and open 24/7.

Call: 0800 915 4644

Neurodevelopmental helpline for parents of children with ADHD and/or ASD. Open 5pm to 11pm every day.

Call: 0300 222 5755

Scan me for other helpful support



Scan me to visit My Safety Plan



Mindworks website
www.mindworks-surrey.org

