

# Safe@HavenHigh.net

## Having a mental health crisis?



Text **YM** to **85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

**YOUNGMINDS**  
Crisis Messenger

powered by  
**shout**  
**85258**

0800 800 1000

2018 YoungMinds. Registered charity numbers 1016968 & SC039700