

# Mental Health

The Royal College of Psychiatrists Key Facts App gives instant access to mental health information leaflets, animations and podcasts on topics ranging from bi-polar to surviving adolescence.

Anyone can have a wealth of information and support at the touch of a button.

Available from iTunes and Google Play Store.

**Search for :**

RCPsych Mental Health App



**Helplines:**

CHLDLINE [www.childline.org.uk](http://www.childline.org.uk) 0800 1111 (Free and 24 hours)

SAMARITANS 116 123 (Free and 24 hours)

PAPYRUS [www.papyrus-uk.org](http://www.papyrus-uk.org) Helpline 0800 0684141 Text 07786 209697