

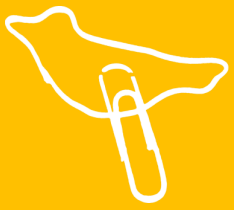
The Paper Birds

Session 2:

Watch 'Ask Me Anything'

Click video below to watch an intro from Georgie...



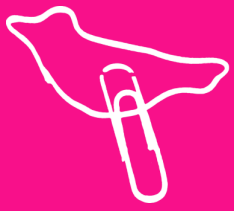


The Paper Birds

TRIGGER WARNING

'Ask Me Anything' is suitable for audiences aged 13+

The show contains strong language and themes of sex, sexuality, identity, self-esteem, grief, mental health, depression, self-harm and youth suicide.



The Paper Birds

Watch 'Ask Me Anything' — click on video below...



If you've been affected by any of the issues raised in this performance and would like to speak to someone confidentially, feel free to contact one of these helplines:

ChildLine

Free confidential service to help young people under 19 with any issue they are going through.

Helpline: 0800 1111

Runaway Helpline

Provides information, help, and support and options for young people thinking of running away or already away.

Helpline: 116 000

Text service: 116 000

The Mix

The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk;

Text THEMIX to 85258.

Webchat and Helpline service for free and confidential information and help on a wide range of issues for 13 to 25 year olds including, sex and relationships, your body, mental health, drink and drugs, housing, money, work and study and crime and safety.

Helpline: 0800 808 4994

Cruse Bereavement Care

Provides support, advice and information to children, young people and adults when someone dies.

Helpline: 0808 808 1677

Bullying UK

Advice and support for parents/ careers dealing with bullying.

Helpline: 0808 800 2222

Carers UK

Information advice and support for people who need help looking after a friend or family member.

Advice line: 0808 808 7777

Victim Support

Free and confidential support and information to help people cope with the effects of crime.

Helpline: 0845 30 30 900

Scope

Support for disabled people, their families/carers.

Helpline: 0808 800 3333

Refuge - Help for Teenage Girls

Information and advice on violence against teenage girls and young women.

Helpline: 0808 2000 247

Talk to Frank

Information and advice about drugs and substance misuse.

Advice line: 0300 123 6600

Switchboard

Information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.

Helpline: 0300 330 0630

The Care Advice Line

Help and advice for children and young people in care or leaving care.

Helpline: 020 7017 8901

Samaritans

Crisis support for anyone in emotional distress or thinking about suicide.

Helpline: 08457 90 90 90

National Debt Line

Information and support for dealing with debt and money issues.

Advice line: 0808 808 4000

Beat

Support and information for anyone affected by eating disorders.

Youthline: 0345 634 7650

National Debt Line

Information and support for dealing with debt and money issues.

Advice line: 0808 808 4000

Self-Injury Support

A national organisation that supports girls and women affected by self-injury or self-harm.

CASS Women's Self Injury Helpline: 0808 800 8088

TESS: Text and Email Support Service for girls and young women up to 24 affected by self-injury.

Text: 0780 047 2908

Papyrus

Support for young people experiencing thoughts of suicide.

Hopeline: 0800 068 41 41

All contact numbers correct as of publication in Jan 2021