

Category	Organisation	Text input	URL linked	Action when clicked
COVID-19	GOV	gov covid info	https://www.gov.uk/coronavirus	Opens main info page
COVID-19	NHS	nhs covid info	https://www.nhs.uk/conditions/coronavirus-covid-19	Opens main info page
COVID-19	The Mix	covid hub	https://www.themix.org.uk/coronavirus-support	Opens main info page
Crisis Support	Crisis Messenger	crisis messenger	https://www.themix.org.uk/get-support/speak-to-o	Opens contact page
Crisis Support	Crisis Messenger	text crisis messenger	sms:85258?body=THEMIX	Creates SMS
Crisis Support	I'm Alive	i'm alive	https://www.imalive.org/	Opens main page
Crisis Support	NHS	call 999	tel:999	Triggers phone call
Crisis Support	Papyrus	call papyrus	tel:08000684141	Triggers phone call
Crisis Support	Papyrus	email papyrus	mailto:pat@papyrus-uk.org	Creates email
Crisis Support	Papyrus	papyrus	https://papyrus-uk.org/get-in-touch/	Opens contact page
Crisis Support	Papyrus	text papyrus	sms:07860039967	Creates SMS
Crisis Support	Samaritans	call samaritans	tel:116123	Triggers phone call
Crisis Support	Samaritans	email samaritans	mailto:jo@samaritans.org	Creates email
Crisis Support	Samaritans	samaritans	https://www.samaritans.org/how-we-can-help/cont	Opens contact page
Crisis Support	Staying Safe	safety plan	https://staying-safe.net/ST/	Opens safety plan template
Crisis Support	The Mix	crisis support	https://community.themix.org.uk/discussion/3597	Opens page of crisis options
Domestic Abuse	Women's Aid	women's aid	https://www.womensaid.org.uk/information-suppo	Opens contact page
Domestic Abuse	Women's Aid	women's aid webchat	https://chat.womensaid.org.uk/	Opens webchat page
Eating Disorders	Beat	beat	https://www.beateatingdisorders.org.uk/support-s	Opens main support page
Finance & Law	Citizen's Advice	citizen's advice	https://www.citizensadvice.org.uk/about-us/contac	Opens contact page
Finance & Law	Mybnk	mybnk	https://www.mybnk.org/	Opens main page
Gender & Sexuality	AKT	akt	https://www.akt.org.uk/get-help	Opens contact page
Gender & Sexuality	London Friend	london friend	https://londonfriend.org.uk/support/	Opens contact page
Gender & Sexuality	Mermaids	call mermaids	tel:08088010400	Triggers phone call
Gender & Sexuality	Mermaids	mermaids	ack	Opens contact page
Gender & Sexuality	Stonewall	call stonewall	tel:08000502020	Triggers phone call
Gender & Sexuality	Stonewall	stonewall	https://www.stonewall.org.uk/help-and-advice	Opens contact page
Gender & Sexuality	Switchboard	call switchboard	tel:0300 330 0630	Triggers phone call
Gender & Sexuality	Switchboard	switchboard	https://switchboard.lgbt/contact/	Opens contact page
Group Chat	The Mix	autolinks	https://community.themix.org.uk/discussion/co	Opens autolinking list
Group Chat	The Mix	chat guidelines	https://www.themix.org.uk/about-us/chat-guidelin	Opens guidelines
Group Chat	The Mix	feedback form	https://bit.ly/GroupChatDetailed	Opens feedback form
Group Chat	The Mix	support circle feedback	https://forms.office.com/Pages/ResponsePage.as	Opens Circle feedback form
Group Chat	The Mix	vent about chat	https://bit.ly/GroupChatVent	Opens venting form
Hate Crime/Racism	SARI	call sari	tel:0800 171 2272	Triggers phone call
Hate Crime/Racism	SARI	sari	https://www.sariweb.org.uk/help-support/how-can	Opens contact page
Hate Crime/Racism	Tell Mama	tell mama	https://tellmamauk.org/	Opens home page
Mental Health Support	CALM	calm	https://www.thecalzone.net/help/get-help/	Opens contact page
Mental Health Support	Kooth	kooth	https://www.kooth.com/	Opens main page
Mental Health Support	Mind	mind	https://www.mind.org.uk/	Opens main page
Mental Health Support	Mind	side by side	https://sidebyside.mind.org.uk	Opens online community
Mental Health Support	SANE	sane	http://www.sane.org.uk/	Opens main page
Mental Health Support	Supportline	call supportline	tel:01708765200	Triggers phone call
Mental Health Support	Supportline	supportline	https://www.supportline.org.uk/	Opens main page
NHS services	NHS	call 111	tel:111	Triggers phone call
NHS services	NHS	camhs	https://www.nhs.uk/using-the-nhs/nhs-services/m	Opens info page
NHS services	NHS	nhs counselling	https://www.nhs.uk/conditions/stress-anxiety-dep	Opens info page
Parental Support	Gingerbread	gingerbread	https://www.gingerbread.org.uk/what-we-do/contac	Opens contact page
Parental Support	Young Minds	young minds	https://youngminds.org.uk/contact-us/	Opens contact page
Physical Health	Brook	brook	https://www.brook.org.uk/help-advice/	Opens contact page
Physical Health	Doc Ready	doc ready	https://www.docready.org	Opens main page
Self-harm	Self Injury Support	email self injury support	mailto:tessmail@selfinjurysupport.org.uk	Creates email
Self-harm	Self Injury Support	self injury support	https://www.selfinjurysupport.org.uk/	Opens main page
Self-harm	Self Injury Support	self injury support webchat	https://www.selfinjurysupport.org.uk/Pages/FAQs	Opens webchat page
Self-harm	Self Injury Support	text self injury support	sms:07537432444	Creates SMS
Sexual Assault	Rape Crisis	rape crisis	https://rapecrisis.org.uk/get-help/	Opens contact page
Sexual Assault	Rape Crisis	rape crisis webchat	https://rapecrisis.org.uk/get-help/live-chat-helplin	Opens webchat info page
Sexual Assault	Survivor's Trust	call survivor's trust	tel:08088010818	Triggers phone call
Sexual Assault	Survivor's Trust	survivor's trust	https://www.thesurvivorstrust.org/contact	Opens contact page
Sexual Assault	Survivor's UK	survivor's uk	https://www.survivorsuk.org/	Opens contact page
Sexual Assault	Victim Support	call victim support	tel:08081689111	Triggers phone call
Sexual Assault	Victim Support	victim support	https://www.victimsupport.org.uk/help-and-suppo	Opens contact page
The Mix	The Mix	pm@themix	https://community.themix.org.uk/messages/add	Creates new boards PM
The Mix	The Mix	email@themix	mailto:community@themix.org.uk	Creates email
The Mix	The Mix	the mix	https://themix.org.uk	Opens home page
The Mix	The Mix	1-2-1 services	https://www.themix.org.uk/get-support/speak-to-o	Opens contact page
The Mix	The Mix	annual user survey	https://www.smartsurvey.co.uk/s/TheMixUserSur	Opens survey
The Mix	The Mix	call the helpline	tel:08088084994	Triggers phone call
The Mix	The Mix	discussion boards	https://community.themix.org.uk	Opens home page
The Mix	The Mix	elearning platform	http://learning.themix.org.uk/	Opens home page
Under 18's	Childline	call childline	tel:08001111	Triggers phone call
Under 18's	Childline	childline	https://www.childline.org.uk/get-support/	Opens contact page

