



NATIONAL SUPPORT & HELPLINES

NHS DIRECT	0845 46 47 (24 hrs)	www.nhsdirect.nhs.uk <i>Health advice and reassurance</i>	NSPCC	0808 800 5000	www.nspcc.org.uk <i>Help for adults concerned about a child</i>
YOUNG MINDS		www.youngminds.org.uk <i>The UK's leading charity committed to improving emotional well-being and mental health or children and young people</i>	CHILDLINE	0800 1111	www.childline.org.uk <i>24 hour free confidential advice - whatever the problem or worry. Options to Email / Chat to counsellor online.</i>
EVERY MIND MATTERS		www.nhs.uk/every-mind-matters <i>Advice and practical tips to help you look after your mental health and wellbeing</i>	KOOTH		www.kooth.com <i>Free, safe and anonymous online support and counselling</i>
			VICTIM SUPPORT	0845 30 30 900 01772 201142	www.victimsupport.com <i>Confidential help and information for victims and witnesses of crime.</i>
RETHINK	0845 456 0455	www.rethink.org/young_people <i>Telephone helpline and web resource with online information and self help sheets for young people living with a mental illness</i>	SAFE 2 SPEAK	0151 452 1326	www.safe2speak.co.uk <i>24 hour domestic violence helpline.</i>
PARENTS	0808 800 2222	www.familylives.org.uk <i>Advice and support on parenting and family life.</i>	RASASC	01744 877987	www.rasasc.org <i>National helpline for female and male survivors or rape and anyone affected.</i>
PAPYRUS	0800 068 4141	www.papyrus-uk.org <i>Prevention of young suicide. HopelineUK, open 9am-midnight everyday</i>	BEAT	0845 634 7650	www.b-eat.co.uk <i>Information on eating disorders and how to get help</i>
THE SAMARITANS	116123	www.samaritans.org <i>24 hour confidential support by phone or e mail</i>	WINSTON'S WISH	08088 020 021	www.winstonswish.org <i>Emotional and practical bereavement support to children, young people and those who care for them.</i>
CAMPAIGN AGAINST LIVING MISERABLY	0800 58 58 58	www.thecalmzone.net <i>Confidential help for young men suffering from depression</i>	MERMAIDS		www.mermaidsuk.org.uk <i>Information for gender diverse young people</i>
NHS MENTAL HEALTH HELPLINE	0500 639000	www.lancs-mentalhealthhelpline.nhs.uk <i>Will put you in touch with local support services or are simply there to listen</i>	GENDER IDENTITY SERVICE		www.gids.nhs.uk/ <i>Highly specialized clinic for young people presenting with difficulties with their gender identity</i>
KIDSCAPE	08451 205 204	www.kidscape.org.uk <i>UK charity for the prevention of bullying.</i>	TALK TO FRANK	0800 77 66 00 Text 82111	www.talktofrank.com <i>Speak to a friendly adviser for information on drugs/alcohol.</i>
NATIONAL BULLYING HELPLINE	0300 323 0169	www.nationalbullyinghelpline.co.uk	CRUSE BEREAVEMENT CARE	0844 477 9400 01772 686668	www.crusebereavementcare.org.uk www.rd4u.org.uk