

Websites, helplines
and further
information



Here is a list of organisations that can help you if you feel like you need some support.



Action for Children Charity supporting children, young people and their families across England. **Phone:** 01923 361 500
Website: actionforchildren.org.uk

Anxiety UK Charity providing support if you've been diagnosed with an anxiety condition. **Phone:** 03444 775 774 (Mon–Fri)
Website: anxietyuk.org.uk

Beat Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

Phone: 0808 801 0711 (every day)

Website: beateatingdisorders.co.uk

CALM The Campaign Against Living Miserably is for men who are feeling low or in crisis. **Phone:** 0800 58 58 58

Website: thecalmzone.net

Centrepoint Provides advice, housing and support for young people, with a helpline and webchat. **Phone (age 16–25):** 0808 800 0661

Website: centrepoint.org.uk

Childline Free 1-to-1 chat support and 24-hour helpline for children and young people in the UK. **Phone:** 0800 111

Website: childline.org.uk

Frank Confidential webchat, helpline, advice and information on drugs and substance misuse. **Phone:** 0300 123 5600 **Text:** 82111
Website: talktofrank.com

HeadMeds Clear information on mental health medication for young people.
Website: headmeds.org.uk

Hope Again Support for young people when someone dies. **Phone:** 0808 808 1677
Email: hopeagain@cruse.org.uk
Website: hopeagain.org.uk

HOPELINEUK A specialist telephone service that gives non-judgemental support, practical advice and information to young people. **Phone:** 0800 058 4141
Website: papyrus-uk.org/hopelineuk

Hub of Hope A national database of mental health charities and organisations from across Britain who offer mental health advice and support. **Website:** hubofhope.co.uk

Kooth Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area. **Website:** kooth.com

Mencap Provides information and advice for people with a learning disability, their families and carers. **Phone:** 0808 808 1111
Website: mencap.org.uk

NHS Go NHS confidential health advice and support for 16–25 year olds. Download the app to your phone. **Website:** nhsgo.uk

No Panic Charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).

Phone (ages 13–20): 0330 505 1174

Website: nopanic.org.uk/no-panic-youth-hub

NSPCC Specialising in child protection and the prevention of cruelty to children.

Phone: 0800 111 **Email:** help@nspcc.org.uk

Website: nspcc.org.uk

OCD Youth Support for young people with obsessive-compulsive disorder (OCD).

Email: youthhelpline@ocdaction.org.uk

Website: ocdyouth.org

On My Mind Information for young people to make informed choices about their mental health and wellbeing.

Website: annafreud.org/on-my-mind

Refuge Help and support for young people affected by domestic violence.
Phone: 0808 200 0247 **Website:** refuge.org.uk

Relate Professional, confidential, relationship support. **Website:** relate.org.uk (put in your local area and give them a call)

Rethink Mental Illness Support and advice for people with mental health problems and their friends and families. **Phone:** 0300 500 0927 (Mon–Fri) **Website:** rethink.org

Safeline Young people's helpline, helping survivors of sexual abuse and rape. **Phone:** 0808 800 5007 **Text:** 0785 002 7573
Website: safeline.org.uk

Samaritans Free 24-hour helpline. Confidential support for people experiencing feelings of distress or despair, including suicidal feelings.
Phone: 116 123 **Website:** samaritans.org.uk

Shelter Charity working for people in housing need by providing free, independent, expert housing advice.
Website: shelter.org.uk/youngpeople

The Mix Support and advice for under 25s, including webchat. **Phone:** 0808 808 4994
Website: themix.org.uk

Time to Change Download resources to raise awareness of mental health stigma and find out more about mental health.
Website: time-to-change.org.uk

Victim Support Support for victims of crime.

Phone: 0808 168 9111

Website: victimsupport.org.uk

Voice Collective A UK-wide project that supports children and young people who hear voices, see visions, and have other 'unusual' sensory experiences. **Phone:** 020 7911 0822

Website: voicecollective.co.uk

Women's Aid 24-hour national domestic violence helpline. **Phone:** 0808 200 0247

Website: womensaid.org.uk

YoungMinds For information about different mental health problems.

Website: youngminds.org.uk

Young Stonewall Information and support for all young lesbian, gay, bi and trans people. **Phone:** 0800 050 2020
Website: youngstonewall.org.uk

Youth Access Information on youth counselling. **Phone:** 020 8772 9900
Website: youthaccess.org.uk



mind.org.uk/cyp-support



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