

Useful Contacts

Organisation	Description	Phone / Helpline	Website / email
ChildLine (NSPCC service)	Helpline: talk to counsellor. sign-up to website for online 1-2-1 chat, email, message boards. Age >18	0800 1111 (anytime)	www.childline.org.uk
Young Minds Parents' Helpline	Free confidential phone and online support for any adult worried about a young person (age up to 25).	0808 802 5544 (M-F 9.30am – 4pm) (free for mobiles/landlines)	www.youngminds.org.uk parents@youngminds.org.uk
Young Minds	Website information resource for young people, about mental health issues, services, medication, help.		www.youngminds.org.uk
Samaritans	Confidential, anonymous helpline for people of any age. Calls cost. Email response (>12 hours).	08457 90 90 90 (anytime)	www.samaritans.org.uk jo@samaritans.org
Get Connected	Helpline / gateway for YP, providing free information on where to find help for a wide range of topics. >25	0808 808 4994 (11am-11pm every day) free TEXT: 80849	www.getconnected.org.uk
BEAT Beating Eating Disorders	Helpline for YP under 25 who need support & info relating to an eating disorder (Adult helpline is open to sufferers, carers & professionals)	0345 634 7650 Mon-Fri 1.30–4.30pm, Mon+Wed 5.30-8.30pm	www.b-eat.co.uk fyp@b-eat.co.uk
FRANK	Free, confidential advice for anyone concerned about their own or someone else's drug & alcohol use.	0300 123 6600	www.talktofrank.com
Child Law Advice Line (Children's Legal Centre)	Free legal advice line for children & YP, on any topic. Website has info and useful links.	08088 020 008	www.lawstuff.org.uk
The Site (Youthnet UK)	Online life guide for 16-25 year-olds, wide range of topics. Can post on discussion boards.		www.thesite.org
Self-Harm	Information & 'Alumina Live' online course for young people impacted by self-harm.		www.selfharm.co.uk
TESS	Text, webchat & email support for girls and young women affected by self-harm. Open Sun – Fri 7pm-9pm	0780 047 2908	selfinjurysupport.org.uk (email via website)

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PAPYRUS and HOPELineUK	HOPELineUK, provided by PAPYRUS, is a confidential helpline service staffed by trained professionals who can give support, practical advice and information to young people feeling depressed or suicidal.	0800 068 41 41 Text 07786 209 697	pat@papyrus-uk.org www.papyrus-uk.org
Depression Alliance	Brings people together to end the loneliness and isolation of depression.		www.depressionalliance.org
Missing People	Free confidential helpline offering help & advice to young people who have run away from home or care, or who have been forced to leave. Can relay messages to family or facilitate a supported call home.	116 000 (call or text anytime)	www.missingpeople.org.uk 116000@missingpeople.org.uk
OCD Action	Provides support and information for people with OCD, their families, carers and professionals.	0845 390 6232	www.ocdaction.org.uk
OCD UK	OCD-UK provides confidential, impartial information, advice and support to adults and children affected by OCD, help with accessing treatment, advocacy and community support.	0845 120 3778 (office hours)	www.ocduk.org
The Site	TheSite is a digital support site for 16 to 25 year-olds. They provide information on everything from sex and exam stress to debt and drugs.		www.thesite.org
Alcoholics Anonymous	Helpline for men and women seeking support with alcohol problems.	0800 9177 650	help@alcoholics-anonymous.org.uk
Family Lives	Family Lives provides help and support in all aspects of family life. They operate 24 hours a day, seven days a week through their website, helpline and online chat service.	0808 800 2222	www.familylives.org.uk
Youth Wellbeing Directory	Free online directory of mental health and emotional wellbeing services for children and young people up to the age of 25. Set up by Anna Freud Centre.		youthwellbeing.co.uk