

## Useful Links & Support

### Action for Children

[actionforchildren.org.uk](https://actionforchildren.org.uk)

Charity supporting children, young people and their families across England.

### Anxiety UK

[03444 775 774](tel:03444775774) (helpline)

[07537 416 905](tel:07537416905) (text)

[anxietyuk.org.uk](https://anxietyuk.org.uk)

Advice and support for people living with anxiety.

### Beat

[0808 801 0711](tel:08088010711) (youthline)

[0808 801 0811](tel:08088010811) (studentline)

[beateatingdisorders.co.uk](https://beateatingdisorders.co.uk)

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

### Campaign Against Living Miserably (CALM)

[0800 58 58 58](tel:0800585858)

[thecalmzone.net](https://thecalmzone.net)

Provides listening services, information and support for anyone who needs to talk, including a web chat.

### Centrepoint

[0808 800 0661](tel:08088000661)

[centrepoint.org.uk](https://centrepoint.org.uk)

Provides advice, housing and support for young people aged 16–25 who are homeless or at risk of homelessness in England.

### Childline

0800 1111

[childline.org.uk](http://childline.org.uk)

Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors.

FRANK

0300 123 6600

[talktofrank.com](http://talktofrank.com)

Confidential advice and information about drugs, their effects and the law.

Hope Again

0808 808 1677

[hopeagain.org.uk](http://hopeagain.org.uk)

Support for young people when someone dies.

Hub of Hope

[hubofhope.co.uk](http://hubofhope.co.uk)

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

Kooth

[kooth.com](http://kooth.com)

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

Me and My Mind

[meandmymind.nhs.uk](http://meandmymind.nhs.uk)

Advice and support for young people struggling with unusual experiences, such as hearing voices.

Mencap

0808 808 1111 (Learning Disability Helpline)

[mencap.org.uk](http://mencap.org.uk)

Information and advice for people with a learning disability, their families and carers. Services include an online community.

National Society for the Prevention of Cruelty to Children (NSPCC)

0800 800 5000 (for adults concerned about a child)

0800 1111 (18 or under – Childline helpline)

[nspcc.org.uk](http://nspcc.org.uk)

Support and information for children and anyone worried about a child.

NHS Go

[nhsgo.uk](http://nhsgo.uk)

NHS app with confidential health advice and support for 16–25 year olds.

No Panic

0330 606 1174

[nopanice.org.uk/no-panic-youth-hub](http://nopanice.org.uk/no-panic-youth-hub)

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

OCD Youth

[ocdyouth.org](http://ocdyouth.org)

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

On My Mind

[annafreud.org/on-my-mind](http://annafreud.org/on-my-mind)

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

Papyrus HOPELINEUK

0800 068 41 41

07860 039967 (text)

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[papyrus-uk.org](http://papyrus-uk.org)

Confidential support for under-35s at risk of suicide and others who are concerned about them.  
Open daily from 9am–midnight.

## Refuge

[0808 200 0247](tel:08082000247)

[refuge.org.uk](http://refuge.org.uk)

Help and support for young people affected by domestic violence.

## Relate

[0300 003 0396](tel:03000030396)

[relate.org.uk](http://relate.org.uk)

Provides help and support with relationships, including counselling and telephone support.

## Rethink Mental Illness

[0808 801 0525](tel:08088010525)

[rethink.org](http://rethink.org)

Provides support and information for anyone affected by mental health problems, including local support groups.

## Safeline

[0808 800 5007](tel:08088005007) (Young people's helpline)

[0808 800 5005](tel:08088005005) (National Male Survivor helpline)

[safeline.org.uk](http://safeline.org.uk)

Helplines for adults and young people who have experienced sexual abuse and rape. Offers face-to-face services in Coventry and Warwickshire and another helpline specifically for male survivors.

## Samaritans

[116 123](tel:116123) (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

Chris, Freepost RSRB-KKBY-CYJK

PO Box 90 90

Stirling FK8 2SA  
[samaritans.org](http://samaritans.org)

Samaritans are open 24/7 for anyone who needs to talk. You can [visit some Samaritans branches in person](#). Samaritans also have a Welsh Language Line on [0808 164 0123](tel:08081640123) (7pm–11pm every day).

Shelter

[shelter.org.uk/youngpeople](http://shelter.org.uk/youngpeople)

Charity working for people in housing need by providing free, independent, expert housing advice.

The Mix

[0808 808 4994](tel:08088084994)

[85258](tel:85258) (crisis messenger service, text THEMIX)

[themix.org.uk](http://themix.org.uk)

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

Time to Change

[time-to-change.org.uk](http://time-to-change.org.uk) (England)

[timetochangewales.org.uk](http://timetochangewales.org.uk) (Wales)

National campaign to end stigma and discrimination against people with mental health problems in England and Wales. The campaign for England ended in 2021, but its resources are still available online.

Victim Support

[0808 168 9111](tel:08081689111)

[victimsupport.org.uk](http://victimsupport.org.uk)

Provides emotional and practical support for people affected by crime and traumatic events.

Voice Collective

[voicecollective.co.uk](http://voicecollective.co.uk)

Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs.

## YoungMinds

[0808 802 5544](tel:08088025544) (parents helpline)

[85258](tel:85258) (crisis messenger service, text YM)

[youngminds.org.uk](http://youngminds.org.uk)

Committed to improving the mental health of babies, children and young people, including support for parents and carers. [Provides information on medication for young people.](#)

## Young Stonewall

[0800 050 2020](tel:08000502020)

[youngstonewall.org.uk](http://youngstonewall.org.uk)

Information and support for all young lesbian, gay, bi and trans people.

## Youth Access

[youthaccess.org.uk](http://youthaccess.org.uk)

Advice and counselling network for young people, including details of free local services.