

Worried?

Need someone to talk to?

HELPLINES ...

GENERAL

Childline

Tel: 0800 1111 (calls are free, open 24 hours)
Email: visit website
Childline offers advice to young people in distress or danger, including bullying. They will help you with any problem, if you are feeling sad and worried, or if you just need someone to talk to.
www.childline.org.uk

NSPCC

Tel: 0808 800 5000 (calls are free, open 24 hours)
Text: 88858 free, 24 hours – they aim to reply within 3 hours
Email: help@nspcc.org.uk – they aim to reply within 24 hours
The NSPCC has a free 24 hour helpline for anyone who's at risk or is worried about any other children who are at risk.
www.nspcc.org.uk

The Samaritans

Tel: 08457 90 90 90 (calls charged at local rate)
Open 24 hours
Email: jo@samaritans.org
The Samaritans provides confidential support for anyone in crisis. You can call them 24 hours a day. Specially trained volunteers will listen to callers without judging them or telling them what to do.
www.samaritans.org

HOMELESSNESS

Shelter

Tel: 0808 800 4444 (calls are free)
Open 8.00 am to Midnight, 7 days
This free 24 hour helpline is for anyone who needs help and advice about finding somewhere to live, or who is homeless.
www.shelter.org.uk



BEREAVEMENT

Cruse Bereavement Care – RD4U

Tel: 0808 808 1677 (calls are free)
Open Monday to Friday, 9.00 am-5.00 pm
E-mail: visit website
Support for anyone who has been affected by a death or knows someone else who is grieving.
www.rd4u.org.uk

DRINK

Drinkline

Tel 0800 91 78 282 (calls are free)
Open 24 hours
Confidential telephone help, info and advice on all aspects of alcohol use and abuse.
www.nhs.uk/livewell/alcohol

DRUGS

Talk to Frank

Tel 0800 77 66 00 (calls are free)
Open 24 hours a day
Email: frank@talktofrank.com
Text: 82111 (standard SMS rates apply)
don't send picture messages as can't accept
Free confidential advice, information and help about drugs.
www.talktofrank.com

SEX & RELATIONSHIPS

Sexwise

Tel: 0800 28 29 30 (calls are free)
Open 7.00 am to midnight, 7 days
A confidential helpline available to young people concerned about any sex-related issue. Trained helpers can provide details of your nearest sexual health clinic.
www.maketherightdecision.co.uk

Brook for Young People

Tel: 0808 802 1234 (calls are free)
Open 9.00 am-7.00 pm, Monday-Friday
24 hour information line:
Tel: 0808 802 1234, Option 1
Email: visit website
Text: Ask Brook on 07717 989 023 (standard SMS rates apply)
Free and confidential advice on sex and contraception for young people
www.askbrook.org.uk