

Children & Young People Helpline Support

Samaritans: available 24 hours a day for anyone struggling to cope and provide a safe place to talk.

FREE Helpline: 116 123

Email: jo@samaritans.org
www.samaritans.org

NHS: Call the **NHS 111 24/7** helpline and select the mental health option if you need urgent help for your mental health.

Alternatively, get help from [NHS 111 online](https://www.nhs.uk/111).

In an emergency, call **999**

Suicide

National Bullying Helpline: help and advice for children and adults dealing with bullying at school or work

Helpline: 0845 22 55 787

Open Mon-Fri; 9am-5pm

www.nationalbullyinghelpline.co.uk

Bullying



Emotional & Mental Health

Young Minds: if you are experiencing a mental health crisis.

Young Person Crisis messenger: **text YM to 85258**
Service available 24/7 For parents worried about their child

Parents Free Helpline: 0808 802 5544 (M-F; 9.30am-4pm)
www.youngminds.org.uk

Childline: confidential helpline for children and young people to support you and help you find ways to cope.

FREE Helpline: 0800 1111

Because of the coronavirus, the phonenumber is open from 9am-midnight.

www.childline.org.uk

The Mix: online emotional health and wellbeing support for under 25s.

Free Helpline: 0808 808 4994

7 days a week from 4pm to 11pm
Crisis Messenger: text THEMIX to 85258.

www.themix.org.uk

CALM: Call the CALM helpline on **0800 58 58 58** if you need to talk to someone and get support for your mental health. Open 5pm to midnight, 365 days a year.

<https://www.thecalmzone.net/>

Bereavement

Hope Again: support for children & young people affected by the death of someone close.

FREE Helpline: 0808 808 1677

Email: helpline@cruse.org.uk

Open Mon-Fri; 9:30am - 5:00pm.

www.hopeagain.org.uk

Winston's Wish: support for bereaved children, their families and professionals.

FREE Helpline: 08088 020 021

Open Mon-Fri; 9am-5pm

Email ask@winstonswish.org

www.winstonswish.org

Child Bereavement UK: support for families or when a child is facing bereavement.

FREE helpline: 0800 02 888 40

Open Mon-Fri, 9am-5pm (ex. Bank Holidays)

Email: support@childbereavementuk.org

www.childbereavementuk.org

Substance / alcohol misuse

NACOA: if you are affected by someone else's drinking, NACOA can help.

FREE Helpline: 0800 358 3456

Email: helpline@nacoa.org.uk

www.nacoa.org.uk

FRANK: information and advice to anybody concerned about drugs/substance misuse.

Helpline: 0300 123 6600 - Open 24 hours a day, 7 days a week.

Text 82111 Text a question and FRANK will text you back.

Email: frank@talktofrank.com

www.talktofrank.com

No Panic: advice and information for people suffering from panic attacks & anxiety disorders.

Youth Helpline: 0330 606 1174 (for 13-20 yrs) Open: Mon, Tue, Wed, Friday: 3pm to 6pm; Thurs 3pm to 8pm; Sat 6pm to 8pm

www.nopanic.org.uk

Anxiety UK: user-led organisation, with resources, text service and info line.

Info line: 03444 775 774

Email: support@anxietyuk.org.uk

Text: 07537 416 905

Open Monday – Friday, 9.30am – 5.30pm (excluding Bank Holidays).

www.anxietyuk.org.uk

Anxiety

Eating disorders

Beat: information on anorexia, bulimia & other kinds of eating disorders.

Studentline: 0808 801 0811 - Youthline: 0808 801 0711

Open Mon-Fri, 12pm–8pm; weekends 4pm-8pm

www.beateatingdisorders.org.uk

Anorexia & Bulimia Care: providing on-going care, emotional support and practical guidance for anyone affected by eating disorders.

Helpline: 03000 11 12 13 - Open: Tues-Fri; 9.30am-5.30pm

Email us: support@anorexiabulimiare.org.uk

www.anorexiabulimiare.org.uk