

Helpline Information

Childline Helpline

08001111

www.childline.org.uk

Winston's Wish

An interactive bereavement website designed for children, young people and their families.

www.winstonswish.org.uk

08452 030405

Kidscape: Bullying and child abuse prevention.

www.kidscape.org.uk

NSPCC: Leading charity offering support to children and young people.

www.nspcc.org.uk

Talk to Frank: Information and advice about drug misuse

0300 123 6600 (text: 82111)

www.talktofrank.com

The Hideout: Interactive website designed to support children and young people experiencing Domestic Violence. The address can be hidden from the History log on your computer.

www.thehideout.org.uk

Young Minds: Excellent interactive website designed directly for children and young people on topics relevant to you.

www.youngminds.org.uk

Papyrus: A helpline for young people under 35 who are having problems 'coping with life'.

www.papyrus-uk.org

SMS: 07786 209697

0800 068 4141

CAMHs Crisis Response:

If there is an urgent risk to self/need for mental health support –

(0191) 441 5733

If you are worried about a child:

NSPCC helpline: 0808 800 5000

Young Minds Parent helpline: 0808 802 5544

MIND: Leading mental health charity providing useful information and support.

www.mind.org.uk

0300 123 3393

text: 86463