

## USEFUL CONTACTS

Organisation	Support for	Contact Details
Samaritans	Anything	116 123
Childline	Anything – online counsellors available	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
HOPELine UK	Prevention of Young Suicide	0800 068 4141 Text: 07786 209697 <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>
Young Minds	Anything – parent helpline available	<a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a>
NSPCC	Advice and Support	0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Anti-bullying Helpline	Bullying	0845 225 5787 or 07734 701221 <a href="http://www.nationalbullyinghelpline.co.uk">www.nationalbullyinghelpline.co.uk</a>
BEAT	Eating disorders	0345 634 1414 <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>
ICASH	Psycho Sexual Advice	0300 3003030
Aquarius	Drugs information, advice and counselling	01234 344911 <a href="http://www.talktofrank.com">www.talktofrank.com</a>
Kooth	Free online counselling and advice.	<a href="http://www.kooth.com">www.kooth.com</a>
ChatHealth	Confidential text messaging (11-19yrs)	Text: 07507 331 450
Mind	Mental Health Support	0300 330 0648

