

Websites, helplines  
and further  
information



Here is a list of organisations that can help you if you feel like you need some support.



**Action for Children** Charity supporting children, young people and their families across England. **Phone:** 01923 361 500  
**Website:** [actionforchildren.org.uk](http://actionforchildren.org.uk)

**Anxiety UK** Charity providing support if you've been diagnosed with an anxiety condition. **Phone:** 03444 775 774 (Mon–Fri)  
**Website:** [anxietyuk.org.uk](http://anxietyuk.org.uk)

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

**Phone:** 0808 801 0711 (every day)

**Website:** [beateatingdisorders.co.uk](http://beateatingdisorders.co.uk)

**CALM** The Campaign Against Living Miserably is for men who are feeling low or in crisis. **Phone:** 0800 58 58 58

**Website:** [thecalmzone.net](http://thecalmzone.net)

**Centrepoint** Provides advice, housing and support for young people, with a helpline and webchat. **Phone (age 16–25):** 0808 800 0661

**Website:** [centrepoint.org.uk](http://centrepoint.org.uk)

**Childline** Free 1-to-1 chat support and 24-hour helpline for children and young people in the UK. **Phone:** 0800 111

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

**Frank** Confidential webchat, helpline, advice and information on drugs and substance misuse. **Phone:** 0300 123 5600 **Text:** 82111  
**Website:** talktofrank.com

**HeadMeds** Clear information on mental health medication for young people.  
**Website:** headmeds.org.uk

**Hope Again** Support for young people when someone dies. **Phone:** 0808 808 1677  
**Email:** hopeagain@cruse.org.uk  
**Website:** hopeagain.org.uk

**HOPELINEUK** A specialist telephone service that gives non-judgemental support, practical advice and information to young people. **Phone:** 0800 058 4141  
**Website:** papyrus-uk.org/hopelineuk

**Hub of Hope** A national database of mental health charities and organisations from across Britain who offer mental health advice and support. **Website:** [hubofhope.co.uk](http://hubofhope.co.uk)

**Kooth** Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area. **Website:** [kooth.com](http://kooth.com)

**Mencap** Provides information and advice for people with a learning disability, their families and carers. **Phone:** 0808 808 1111  
**Website:** [mencap.org.uk](http://mencap.org.uk)

**NHS Go** NHS confidential health advice and support for 16–25 year olds. Download the app to your phone. **Website:** [nhsgo.uk](http://nhsgo.uk)

**No Panic** Charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).

**Phone (ages 13–20):** 0330 505 1174

**Website:** [nopanic.org.uk/no-panic-youth-hub](http://nopanic.org.uk/no-panic-youth-hub)

**NSPCC** Specialising in child protection and the prevention of cruelty to children.

**Phone:** 0800 111 **Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

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

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

**Email:** [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)

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

**On My Mind** Information for young people to make informed choices about their mental health and wellbeing.

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

**Refuge** Help and support for young people affected by domestic violence.  
**Phone:** 0808 200 0247 **Website:** [refuge.org.uk](http://refuge.org.uk)

**Relate** Professional, confidential, relationship support. **Website:** [relate.org.uk](http://relate.org.uk) (put in your local area and give them a call)

**Rethink Mental Illness** Support and advice for people with mental health problems and their friends and families. **Phone:** 0300 500 0927 (Mon–Fri) **Website:** [rethink.org](http://rethink.org)

**Safeline** Young people's helpline, helping survivors of sexual abuse and rape. **Phone:** 0808 800 5007 **Text:** 0785 002 7573  
**Website:** [safeline.org.uk](http://safeline.org.uk)

**Samaritans** Free 24-hour helpline. Confidential support for people experiencing feelings of distress or despair, including suicidal feelings.  
**Phone:** 116 123 **Website:** samaritans.org.uk

**Shelter** Charity working for people in housing need by providing free, independent, expert housing advice.  
**Website:** shelter.org.uk/youngpeople

**The Mix** Support and advice for under 25s, including webchat. **Phone:** 0808 808 4994  
**Website:** themix.org.uk

**Time to Change** Download resources to raise awareness of mental health stigma and find out more about mental health.  
**Website:** time-to-change.org.uk



**Victim Support** Support for victims of crime.

**Phone:** 0808 168 9111

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

**Voice Collective** A UK-wide project that supports children and young people who hear voices, see visions, and have other 'unusual' sensory experiences. **Phone:** 020 7911 0822

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

**Women's Aid** 24-hour national domestic violence helpline. **Phone:** 0808 200 0247

**Website:** [womensaid.org.uk](http://womensaid.org.uk)

**YoungMinds** For information about different mental health problems.

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

**Young Stonewall** Information and support for all young lesbian, gay, bi and trans people. **Phone:** 0800 050 2020  
**Website:** [youngstonewall.org.uk](http://youngstonewall.org.uk)

**Youth Access** Information on youth counselling. **Phone:** 020 8772 9900  
**Website:** [youthaccess.org.uk](http://youthaccess.org.uk)



[mind.org.uk/cyp-support](https://mind.org.uk/cyp-support)



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