

Useful contacts

National

Action for Children

Practical information for children, young people, and parents going through a family break-up.
0300 123 2112

www.actionforchildren.org.uk

Anxiety UK

For advice on anxiety.

08444 775 774

www.anxietyuk.org.uk

Beating Eating Disorders

For advice and information on all types of eating disorders.

Youthline 0345 634 7650

www.b-eat.co.uk

Brook

0808 802 1234

www.brook.org.uk

Change4Life

For advice and information on how to live a healthy life.

0300 123 4567

www.nhs.uk/change4life

Child Exploitation and Online Protection Centre

0870 000 3344

www.ceop.police.uk

Childline

Free 24-hour counselling service for children and young people. Childline deals with any issue which causes distress or concern. Common issues include child abuse, bullying, mental illness, parental separation or divorce, pregnancy and substance misuse.

0800 1111

www.childline.org.uk

Family Planning Association (FPA)

www.fpa.org.uk

Frank

0300 123 6600

www.talktofrank.com

Lesbian, gay and bisexual

For young people seeking advice on lesbian, gay and bisexual issues.

08000 502020

www.stonewall.org.uk

Terence Higgins Trust

0808 802 1221

www.tht.org.uk

National Domestic Violence Freephone Helpline 24-hour

0808 2000 247

NHS Choices

For health advice.

www.nhs.uk

Race Equality Foundation

0207 428 1891

www.raceequalityfoundation.org.uk

Red Cross

Information on CPR (kiss of life)

www.redcrossfirstaidtraining.co.uk

Samaritans

08457 90 90 90

Smokefree

Advice and information on how to quit smoking.

www.nhs.uk/smokefree

Sunsmart

Advice and information on keeping safe in the sun.

www.sunsmart.org.uk

Stop Smoking Service

www.nhs.uk/Livewell/Smoking

YoungMinds Parent Helpline

0808 802 5544

www.youngminds.org.uk

www.themix.org.uk