

Organisations that help - Websites

Suicide / Feeling Helpless	Youngminds.org.uk / Papyrus-uk.org / childline.org.uk
Staying safe online	Thinkuknow.co.uk / ceop.police.uk/safety-centre/
Sexuality / Homophobia	Youngstonewall.org.uk / bgiok.org.uk / eachaction.org.uk
Sexual Abuse	Rapecrisis.org.uk / Childline.org.uk
Self-harm	Youngminds.org.uk / selfharm.co.uk / childline.org.uk
Physical / emotional abuse	Childline.org.uk / Youngminds.org.uk
Bullying	Bullybusters.org.uk / childline.org.uk / bullying.co.uk
Anxiety / Panic attacks	Childline.org.uk / themix.org.uk / youngminds.org.uk
Eating disorders	Beateatingdisorders.org.uk / Childline.org.uk
Info about local services for young people	youthaccess.org.uk

Organisations that help – Phone numbers

Childline (up to age 19)	0800 1111
NSPCC	0808 800 5000
Family Lives	0808 800 2222
Frank (Substance Support)	0300 123 6600
Beat - Eating Disorders	0808 801 0711
Sexual Health Line	0300 123 7123
Rape Crisis	0808 802 9999
Victim Support	0845 3030 900
Forced Marriage Unit	0207 008 0151
Karma Nirvana (Honour-based Abuse)	0800 599 9247
The Mix	0808 808 4994
Stonewall	0800 050 2020