

## FOREST HILL SCHOOL COUNSELLING SERVICE

### HELPFUL PHONE NUMBERS & WEBSITES

#### ALCOHOL/DRUGS:

<b>Alateen:</b> Support for families and friends of alcoholics	<b>0207 403 0888</b> <b>Confidential helpline</b>	<a href="http://www.al-anonuk.org.uk/alateen">www.al-anonuk.org.uk/alateen</a>
<b>FRANK:</b> Support, advice and information on any issues or questions relating to drugs and alcohol	<b>24/365 Helpline: 0300 123 6600</b> <b>SMS: 8211</b>	<a href="http://www.talktofrank.com">www.talktofrank.com</a>

#### ANXIETY:

<b>Anxiety UK:</b> National charity that provides information and support to those living with anxiety or any kind of anxiety disorder	<b>08444 775 774</b> <b>Monday-Friday</b> <b>9:30am – 5:30pm</b>	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
<b>No More Panic:</b> Provides information, support and advice for those who care for or who suffer themselves from anxiety, panic, phobias or obsessive compulsive disorders.		<a href="http://www.normorepanic.co.uk">www.normorepanic.co.uk</a>
<b>OCD Action:</b> Support and information for anyone living with OCD; section for young people and how to manage OCD in school	<b>e-mail:</b> <b>support@ocdaction.org.uk</b>	<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>
<b>Social Anxiety UK:</b> Information and support for those who live with any form of social anxiety		<a href="http://www.social-anxiety.org.uk">www.social-anxiety.org.uk</a>

#### BEREAVEMENT:

<b>Child Bereavement UK:</b> Support, information, advice for anyone who is dealing with the death of someone in their life/world. Specific pages dedicated to young people	Helpline: <b>01494 568900</b> Email: <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a>	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a>
<b>Cruse Bereavement:</b> Support for anyone after the death of a family member, or friend. Provides advice, information and support		<a href="http://www.rd4u.org.uk">www.rd4u.org.uk</a>

<b>Winston's Wish:</b> Charity that supports bereaved young people, with online forums, messaging and interactive sites. Also tips and suggestions around various things to do with grief and loss		<a href="http://www.foryoungpeople.winstonswish.org.uk">www.foryoungpeople.winstonswish.org.uk</a>
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### **BULLYING:**

<b>Bullying UK:</b> Support and advice for those experiencing bullying		<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
<b>Kidscape:</b> Advice and information on bullying, both prevention and intervention		<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>
<b>Childnet International:</b> Information, tips and advice on how to make technology (internet, social media, texting etc) safe for children and young people		<a href="http://www.childnet.com">www.childnet.com</a>

### **DEPRESSION:**

<b>Students Against Depression:</b> Information, resources and advice on depression for students (what it is, how to manage it, suicidal thinking)		<a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a>
<b>Papyrus:</b> Support and help for young people who feel suicidal	<b>0800 068 41 41 (Mon-Fri 10am-5pm &amp; 7-10pm; weekends 2-5pm)</b> <b>e-mail: pat@papyrus-uk.org</b>	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>CALM (Campaign Against Living Miserably):</b> Support and information for young men who struggle with depression and their general emotional well-being	<b>0808 802 58 58 (Mon-Fri 5pm – midnight)</b>	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>

### **EATING DISORDERS:**

<b>B-EAT:</b> Support, information and advice for anyone worried about or struggling with an eating disorder	<b>Youthline: 0345 634 7650 (Mon – Fri 2-4pm)</b> <b>Email: fyp@b-eat.co.uk</b>	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
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## MENTAL HEALTH:

<b>Young Minds:</b> Information and resources about mental health and emotional well-being; tips, FAQs, and advice for young people and parents		<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>SANE:</b> Provides emotional support and practical help around mental health; information and advice on a range of issues		<a href="http://www.sane.org.uk">www.sane.org.uk</a>
<b>Rethink:</b> Information and resources on various mental health difficulties; downloadable booklets on how to take of yourself and other useful leaflets	<b>Practical Mental Health Information Line: 0300 5000 927 (Mon-Fri 10am-2pm)</b>	<a href="http://www.rethink.org">www.rethink.org</a>
<b>Mind:</b> Information and resources about mental health/emotional well-being		<a href="http://www.mind.org.uk">www.mind.org.uk</a>

## SEXUALITY/LGBTQ+:

<b>LGBT Youth Scotland:</b> Lots of information; including 'packs' for young people on different issues to do with sexuality and coming out		<a href="http://www.lgtbyouth.org.uk">www.lgtbyouth.org.uk</a>
<b>Metro Centre / Metro Youth Services:</b> Charity providing free and confidential services and support to young LGBTQ people in south east London	<b>0208 305 5000</b> <a href="mailto:youth@metrocentreonline.org">youth@metrocentreonline.org</a> <b>Counselling contact:</b> 0208 305 5009 <a href="mailto:counselling@metrocharity.org.uk">counselling@metrocharity.org.uk</a>	<a href="http://www.metrocentreonline.org">www.metrocentreonline.org</a>
<b>Gendered Intelligence:</b> Charity that supports the trans community, including young people age 8 – 25.	<b>Trans Youth Groups both for 16+ and Under 16s</b>	<a href="http://genderedintelligence.co.uk/">http://genderedintelligence.co.uk/</a>
<b>Stonewall Youth:</b> National charity that supports young LGBTQ people, with different information on various issues around sexuality and finding local support		<a href="http://www.youngstonewall.org.uk">www.youngstonewall.org.uk</a>

## SELF HARM:

<b>National Self Harm Network:</b> Offers support, advice and advocacy services to those affected by self harm directly or in a caring role. Some helpful downloads and resources on their website		<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
<b>Self Harm UK:</b> A UK based charity that offers support to young people effected by self-harm via their website. Full of useful facts, information, advice and articles for young people and professionals/parents or anyone working with young people		<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
<b>Harmless:</b> Provides a range of services about self harm including support information to people who self harm, their families and friends		<a href="http://www.harmless.org.uk">www.harmless.org.uk</a>

## SEXUAL HEALTH:

<b>Brook Advice:</b> Advice around sexual health and contraception	<b>0808 802 1234</b>	<a href="http://www.brook.org.uk">www.brook.org.uk</a>
<b>Knowledge is Power (KISP):</b> Website with information on relationships, sexual health, contraception and related issues	<b>Free walk-in Clinics in South East London for young people, including Under 16. (See website for details)</b>	<a href="http://www.kisp.org.uk">www.kisp.org.uk</a>

## SPECIALIST SITES:

<b>Children's Legal Centre:</b> Provides legal information/representation on all issues of the law relating to children and young people	<b>08088 202 008</b>	<a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a> <a href="http://lawstuff.org.uk/">http://lawstuff.org.uk/</a> (specifically for young people)
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<b>Muslim Youth Helpline:</b> Free and confidential emotional support helpline for young Muslims; available via phone, text or email	<b>Phone: 0808 808 2008</b> <b>Text: 07860 022 811</b> <b>Email: <a href="mailto:help@myh.org.uk">help@myh.org.uk</a></b> <b>Mon-Fri: 6pm-12am</b> <b>Sat-Sun: 12pm-12am</b>	<a href="http://www.myh.org.uk">www.myh.org.uk</a>
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<b>The Mix:</b> Free and confidential helpline for young people under the age of 25. Support offered over a range of issues	<b>Freephone: 0808 808 4994 (Everyday 1-11pm)</b> <b>Text: 80849</b> <b>Email via website</b>	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
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<b>Kooth:</b> Online counselling and advice for young people aged 11-25		<a href="http://www.kooth.com">www.kooth.com</a>
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## **CRISIS/EMERGENCY CONTACTS:**

<b>NHS Direct:</b> Advice and information on anything to do with health concerns, questions, queries	<b>111</b>	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
<b>Child Line:</b> Confidential support for anyone who is experiencing difficulties of any kind	<b>Talk to a counsellor on the phone: 0800 1111</b>	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Samaritans:</b> Confidential emotional support for anyone struggling with difficult feelings or circumstances	<b>08457 90 90 90 (24/7/365)</b> <b>jo@samaritans.org</b>	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>NSPCC:</b> Child Protection Helpline.	<b>0808 808 5000</b>	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>

