

FOREST HILL SCHOOL COUNSELLING SERVICE

HELPFUL PHONE NUMBERS & WEBSITES

ALCOHOL/DRUGS:

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

ANXIETY:

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

BEREAVEMENT:

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

Winston's Wish: 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		www.foryoungpeople.winstonswish.org.uk
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BULLYING:

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

DEPRESSION:

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

EATING DISORDERS:

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

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

SEXUALITY/LGBTQ+:

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

SELF HARM:

National Self Harm Network: 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		www.nshn.co.uk
Self Harm UK: 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		www.selfharm.co.uk
Harmless: Provides a range of services about self harm including support information to people who self harm, their families and friends		www.harmless.org.uk

SEXUAL HEALTH:

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

SPECIALIST SITES:

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

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

