FOREST HILL SCHOOL COUNSELLING SERVICE

HELPFUL PHONE NUMBERS & WEBSITES for PARENTS/CARERS

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:

Cruse Bereavement Care: Information and support for anyone who has experienced the death of someone close. Support for both adults and young people – helpful resources		www.cruse.org.uk

Child Bereavement UK: Charity that supports families who have experienced the loss of a child or when a child is experiencing grief/facing loss. Information on grief and understanding bereavement in children and young people	**Helpline (Mon-Fri 9am-5pm)** **0800 02 888 40**	http://childbereavementuk.org

BULLLYING:

Bullying UK: Support and advice if your child experiences bullying, including how to challenge your school if unhappy with their response		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		www.studentsagainst depression.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 & information targeted at young men who struggle with depression and 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

South London and Maudsley Eating Disorders Service (NHS): Support for under 18s worried about eating disorders	Young People, Families, GPs and Teachers can make a referral via telephone: **020 3228 2545 (Mon-Fri 9-6)**	www.maudsleycentre-cyp-eatingdisorders.co.uk

LGBTQ+

Gendered Intelligence: Charity that supports the trans community, including young people age 8 – 25.		http://genderedintelligence.co.uk/
Mermaids: Individual and family support for young people with gender identity issues.		www.mermaidsuk.org.uk
Stonewall: National charity campaigning for LGBTQ equality. Information on education rights, bullying, equality law and other support services.		www.stonewall.org.uk

MENTAL HEALTH:

Young Minds: Information and resources about mental health and emotional well-being; tips, FAQs, and advice for young people and parents	**Parents' Helpline (Mon – Fri 9:30 – 4pm) 0808 802 5544**	www.youngminds.org.uk/for_parents
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

Royal College of Psychiatrists: Information and expert advice on various mental health issues and emotional well-being. Series of factsheets that can be read online		www.rcpsych.ac.uk
Mental Health Foundation: Charity that campaigns for greater support, awareness and understanding of mental health & mental health illnesses. Lots of advice on how to look after mental health		www.mentalhealth.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. Helpful downloads and resources		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 & parents		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

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

Muslim Youth Helpline: Free and confidential emotional support helpline for young Muslims; available via phone, text or email	**Phone: 0808 808 2008** **Email: help@myh.org.uk** **Mon-Sun: 4pm-10pm**	www.myh.org.uk

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

Family Lives: Provides help and support for all aspects of family life. Contact either through website, helpline or online chat service.	**Helpline: 0808 800 2222**	www.familylives.org.uk

Contact a Family: Provides support, advice & information to families with children with disabilities.	**Helpline: 0808 808 3555**	www.cafamily.org.uk

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 any child/young person 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

*this is not a complete list and each website will have lists of other sources of support that might not be listed here