

## FOREST HILL SCHOOL COUNSELLING SERVICE

### HELPFUL PHONE NUMBERS & WEBSITES

#### ALCOHOL/DRUGS:

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

#### 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	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
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.		<a href="http://www.normorepanic.co.uk">www.normorepanic.co.uk</a>
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	<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>
Social Anxiety UK: 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:

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: <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a>	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a>
--	--	--

Cruse Bereavement: 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>
---	--	--

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		<a href="http://www.foryoungpeople.winstonswish.org.uk">www.foryoungpeople.winstonswish.org.uk</a>
---	--	--

## BULLYING:

Bullying UK: Support and advice for those experiencing bullying		<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
Kidscape: Advice and information on bullying, both prevention and intervention		<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>
Childnet International: 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:

Students Against Depression: 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>
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: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>

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)	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>
--	---	--

## 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	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
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)	<a href="http://www.maudsleycentre-cyp-eatingdisorders.co.uk">www.maudsleycentre-cyp-eatingdisorders.co.uk</a>

## MENTAL HEALTH:

Young Minds: 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>
SANE: 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>
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)	<a href="http://www.rethink.org">www.rethink.org</a>
Mind: Information and resources about mental health/emotional well-being		<a href="http://www.mind.org.uk">www.mind.org.uk</a>

## LGBTQ+:

LGBT Youth Scotland: 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>
Metro Centre / Metro Youth Services: Charity providing free and confidential services and support to young LGBTQ people in south east London		<a href="http://www.metrocentreonline.org">www.metrocentreonline.org</a>
Gendered Intelligence: Charity that supports the trans community, including young people age 8 – 25.	Trans Youth Groups both for 16+ and Under 16s	<a href="http://genderedintelligence.co.uk/">http://genderedintelligence.co.uk/</a>
Stonewall: National charity campaigning for LGBTQ equality. Information on education rights, bullying, equality law and other support services.		<a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>
Mermaids: Individual and family support for young people with gender identity issues.		<a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a>

## 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		<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
Self Harm UK: A UK based charity that offers support to young people effected by self-harm. Full of useful facts, information, advice and articles for young people and professionals/parents.		<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
Harmless: 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:

Brook Advice: Advice around sexual health and contraception	0808 802 1234	<a href="http://www.brook.org.uk">www.brook.org.uk</a>
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)	<a href="http://www.kisp.org.uk">www.kisp.org.uk</a>

## 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	<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)
--	---------------	--

Muslim Youth Helpline: Free and confidential emotional support helpline for young Muslims; available via phone, text or email	Phone: 0808 808 2008 Email: <a href="mailto:help@myh.org.uk">help@myh.org.uk</a> Mon-Sun: 4pm-10pm	<a href="http://www.myh.org.uk">www.myh.org.uk</a>
--	--	--

The Mix: Free and confidential helpline for young people under the age of 25, for various issues	Freephone: 0808 808 4994 (Everyday 1-11pm) Text: 80849 Email via website	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
---	---	--

Kooth: Online counselling and advice for young people aged 11-25		<a href="http://www.kooth.com">www.kooth.com</a>
--	--	--

## CRISIS/EMERGENCY CONTACTS:

NHS Direct: Advice and information on anything to do with health concerns, questions, queries	111	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
--	-----	--

Child Line: Confidential support for anyone who is experiencing difficulties of any kind	Talk to a counsellor on the phone: 0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Samaritans: Confidential emotional support for anyone struggling with difficult feelings or circumstances	08457 90 90 90 (24/7/365) jo@samaritans.org	<a href="http://www.samaritans.org">www.samaritans.org</a>
NSPCC: Child Protection Helpline.	0808 808 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>

