

## FOREST HILL SCHOOL COUNSELLING SERVICE

### HELPFUL PHONE NUMBERS & WEBSITES for PARENTS/CARERS

#### 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>Cruse Bereavement Care:</b> Information and support for anyone who has experienced the death of someone close. Support for both adults and young people – helpful resources		<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
<b>Child Bereavement UK:</b> 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	<b>Helpline (Mon-Fri 9am-5pm) 0800 02 888 40</b>	<a href="http://childbereavementuk.org">http://childbereavementuk.org</a>

## 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		<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) e-mail: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></b>	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>CALM (Campaign Against Living Miserably):</b> Support and information targeted at young men who struggled 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>
<b>South London and Maudsley Eating Disorders Service (NHS):</b> Support for under 18s worried about eating disorders	Young People, Families, GPs and Teachers can make a referral via telephone: <b>020 3228 2545 (Mon-Fri 9-6)</b>	<a href="http://www.maudsleycentre-cyp-eatingdisorders.co.uk">www.maudsleycentre-cyp-eatingdisorders.co.uk</a>

## 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	<b>Parents' Helpline (Mon – Fri 9:30 – 4pm) 0808 802 5544</b>	<a href="http://www.youngminds.org.uk/for_parents">www.youngminds.org.uk/for_parents</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>Royal College of Psychiatrists:</b> Information and expert advice on various mental health issues and emotional well-being. Series of factsheets that can be read online		<a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>
<b>Mental Health Foundation:</b> 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		<a href="http://www.mentalhealth.org.uk">www.mentalhealth.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. Helpful downloads and resources		<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 & parents		<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>

## 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>
<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>Email: <a href="mailto:help@myh.org.uk">help@myh.org.uk</a></b> <b>Mon-Sun: 4pm-10pm</b>	<a href="http://www.myh.org.uk">www.myh.org.uk</a>
<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>
<b>Family Lives:</b> Provides help and support for all aspects of family life. Contact either through website, helpline or online chat service.	<b>Helpline: 0808 800 2222</b>	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>

<b>Contact a Family:</b> Provides support, advice & information to families with children with disabilities.	<b>Helpline: 0808 808 3555</b>	<a href="http://www.cafamily.org.uk">www.cafamily.org.uk</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 any child/young person 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) 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>

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