

## FOREST HILL SCHOOL COUNSELLING SERVICE

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

#### ALCOHOL/DRUGS:

<b>Alateen (part of Al-Anon):</b> Support for teenage relatives & friends of alcoholics	<b>Confidential helpline for Al-Anon: 0800 00886 811</b> <b>Enquiries about Alateen Meetings: 0207 593 2070</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>03444 775 774</b> <b>Monday-Friday</b> <b>9:30am – 7:30pm</b> <b>Sat-Sun</b> <b>10am – 2pm</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.	<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>  <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a> Specifically for young people, part of Cruse Bereavement Care
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<p><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</p>	<p><b>Helpline (Mon-Fri 9am-5pm)</b> <b>0800 02 888 40</b></p>	<p><a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a></p>
<p><b>Winston's Wish:</b> Charity that supports bereaved young people, with online forums, messaging and interactive sites</p>	<p><b>Free National Helpline:</b> <b>08088 020 021</b> <b>Mon – Fri: 9am-5pm</b></p>	<p><a href="http://www.winstonswish.org">www.winstonswish.org</a></p>

### **BULLYING:**

<p><b>Bullying UK:</b> Support and advice if your child experiences bullying, including how to challenge your school if unhappy with their response</p>		<p><a href="http://www.bullying.co.uk">www.bullying.co.uk</a></p>
<p><b>Kidscape:</b> Advice and information on bullying, both prevention and intervention</p>		<p><a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a></p>
<p><b>Childnet International:</b> Information, tips and advice on how to make technology (internet, social media, texting etc) safe for children and young people</p>		<p><a href="http://www.childnet.com">www.childnet.com</a></p>

### **DEPRESSION:**

<p><b>Students Against Depression:</b> Information, resources and advice on depression for older students</p>		<p><a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a></p>
<p><b>Papyrus:</b> Support and help for young people who feel suicidal</p>	<p><b>HOPELINEUK: 0800 068 41 41</b> <b>(Mon-Fri 9am - 10pm;</b> <b>weekends 2-10pm)</b> <b>e-mail: pat@papyrus-uk.org</b></p>	<p><a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p>
<p><b>CALM (Campaign Against Living Miserably):</b> Support &amp; information targeted at young men who struggle with depression and general emotional well-being</p>	<p><b>0800 58 58 58 (Mon-Fri 5pm – midnight)</b></p>	<p><a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p>

## EATING DISORDERS:

<b>B-EAT:</b> Support, information and advice for anyone worried about or struggling with an eating disorder	<b>Youthline: 0808 801 0677 (Mon – Fri 12-8pm)</b>	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
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<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 9-5)</b>	<a href="https://www.national.slam.nhs.uk/">https://www.national.slam.nhs.uk/</a> Under Child & Adolescent Services – drop down menu to Eating Disorders Service
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## LGBTQ+

<b>Gendered Intelligence:</b> Charity that supports the trans community, including young people age 8 – 25.		<a href="http://genderedintelligence.co.uk/">http://genderedintelligence.co.uk/</a>
<b>Mermaids:</b> Individual and family support for young people with gender identity issues.		<a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a>
<b>Stonewall:</b> 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>

## 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 leaflets		<a href="http://www.rethink.org">www.rethink.org</a>

<p><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</p>		<p><a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a></p>
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<p><b>Mental Health Foundation:</b> Charity that campaigns for greater support, awareness and understanding of mental health &amp; mental health illnesses. Lots of advice on how to look after mental health</p>		<p><a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>
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### SELF HARM:

<p><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</p>		<p><a href="http://www.nshn.co.uk">www.nshn.co.uk</a></p>
<p><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 &amp; parents</p>		<p><a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a></p>
<p><b>Harmless:</b> Provides a range of services about self harm including support information to people who self harm, their families and friends</p>		<p><a href="http://www.harmless.org.uk">www.harmless.org.uk</a></p>

### SPECIALIST SITES:

<p><b>Children's Legal Centre:</b> Provides legal information/representation on all issues of the law relating to children and young people</p>	<p>08088 202 008</p>	<p><a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a></p>
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<p><b>Muslim Youth Helpline:</b> Free and confidential emotional support helpline for young Muslims; available via phone,</p>	<p>Phone: 0808 808 2008 Email: <a href="mailto:help@myh.org.uk">help@myh.org.uk</a> Mon-Sun: 4pm-10pm</p>	<p><a href="http://www.myh.org.uk">www.myh.org.uk</a></p>
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text or email		
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<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>
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<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.		<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