

## Details of places you can go if you're a young person looking for support or information.

Action for Children - Charity supporting children, young people and their families across England.  
[actionforchildren.org.uk](http://actionforchildren.org.uk)

Anxiety UK – Advice and support for people living with anxiety.  
[03444 775 774](tel:03444775774) (helpline)  
[07537 416 905](tel:07537416905) (text)  
[anxietyuk.org.uk](http://anxietyuk.org.uk)

Beat - Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.  
[0808 801 0711](tel:08088010711) (youthline)  
[beateatingdisorders.co.uk](http://beateatingdisorders.co.uk)

[childline.org.uk](http://childline.org.uk) - Support for children and young people in the UK, including a free 24-hour helpline.

Hope Again - Support for young people when someone dies.  
[0808 808 1677](tel:08088081677)  
[hopeagain.org.uk](http://hopeagain.org.uk)

Kooth - Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.  
[kooth.com](http://kooth.com)

Me and My Mind - Advice and support for young people struggling with unusual experiences, such as hearing voices.  
[meandmymind.nhs.uk](http://meandmymind.nhs.uk)

Mencap - Information and advice for people with a learning disability, families and carers.  
[0808 808 1111](tel:08088081111)  
[mencap.org.uk](http://mencap.org.uk)

National Society for the Prevention of Cruelty to Children (NSPCC) - Support for children and anyone worried about a child.  
[0800 800 5000](tel:08008005000)  
[0800 1111](tel:08001111) (18 or under – Childline helpline)  
[nspcc.org.uk](http://nspcc.org.uk)

No Panic- Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).  
[0330 606 1174](tel:03306061174)  
[nopanic.org.uk/no-panic-youth-hub](http://nopanic.org.uk/no-panic-youth-hub)

OCD Youth - Youth Support for young people with obsessive-compulsive disorder (OCD).  
[ocdyouth.org](http://ocdyouth.org)

On My Mind - Information for young people to make informed choices about their mental health and wellbeing.  
[annafreud.org/on-my-mind](http://annafreud.org/on-my-mind)

Refuge - Help and support for young people affected by domestic violence.  
[0808 200 0247](tel:08082000247)  
[refuge.org.uk](http://refuge.org.uk)

Safeline - Young people's helpline, helping survivors of sexual abuse and rape.

[0808 800 5007](tel:08088005007)

[safeline.org.uk](http://safeline.org.uk)

Samaritans - Samaritans are open 24/7 for anyone who needs to talk.

[116 123](tel:116123) (freephone)

[jo@samaritans.org](mailto:jo@samaritans.org)

Chris, Freepost RSRB-KKBY-CYJK

PO Box 90 90

Stirling FK8 2SA

[samaritans.org](http://samaritans.org)

Time to Change - National campaign to end stigma and discrimination against people with mental health problem.

[time-to-change.org.uk](http://time-to-change.org.uk) (England)

[timetochangewales.org.uk](http://timetochangewales.org.uk) (Wales)

Victim Support- Provides emotional and practical support for people affected by crime and traumatic events.

[0808 168 9111](tel:08081689111)

[victimsupport.org.uk](http://victimsupport.org.uk)

Voice Collective - Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs

[voicecollective.co.uk](http://voicecollective.co.uk).

Women's Aid - Information and support for women and children experiencing domestic abuse, including a directory of local services.

[0808 2000 247](tel:08082000247)

[womensaid.org.uk](http://womensaid.org.uk)

Young Stonewall - Information and support for all young lesbian, gay, bi and trans people.

[0800 050 2020](tel:08000502020)

[youngstonewall.org.uk](http://youngstonewall.org.uk)

Youth Access - Advice and counselling network for young people, including details of free local services.

[youthaccess.org.uk](http://youthaccess.org.uk)