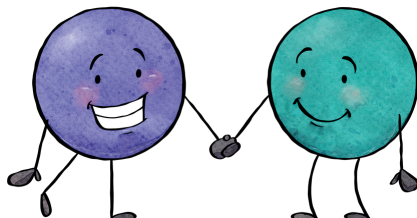


# USEFUL CONTACTS FOR YOUNG PEOPLE



## Crisis support

A free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.



[www.childline.org.uk](http://www.childline.org.uk)



0800 1111



## Crisis support

Free 24-hour helpline. Confidential support for people experiencing feelings of distress or despair, including suicidal feelings.



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



116 123



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

Helplines are open 365 days a year, 24 hours a day. Email response time is 24 hours.



## General support

The Mix is the UK's leading support service for young people. The Mix help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.



[www.themix.org.uk](http://www.themix.org.uk)



0808 808 4994



85258

Phone lines are open 4pm-11pm everyday. Text line is open 365 days a year 24 hours a day.



## General support

For information about different mental health problems and crisis text line.



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



85258

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.



## General support

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.



[www.elefriends.org.uk](http://www.elefriends.org.uk)



Download on the  
**App Store**

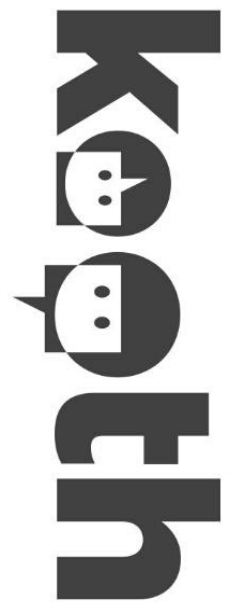
## General support

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



[www.kooth.com](http://www.kooth.com)

Open 365 days a year: 12-10pm weekdays, 6-10pm weekends.



## Anxiety support

Charity providing support if you've been diagnosed with an anxiety condition.



[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)



03444 775 774



07537 416 905

Open Mon-Fri 9:30am-5.30pm



## Panic attacks and OCD support

Charity providing support if you've been diagnosed with an anxiety condition.



[www.nopanic.org.uk](http://www.nopanic.org.uk)



0330 606 1174



[info@nopanic.org.uk](mailto:info@nopanic.org.uk)

Open everyday 10am-10pm.



## Suicidal thoughts

If you are a young person at risk of suicide:



[papyrus-uk.org](https://papyrus-uk.org)



0800 068 41 41



0778 620 9697



[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Helplines are open Mon-Fri: 9:00am to 10:00pm Weekends:  
2:00pm to 10:00pm and Bank Holidays: 2:00pm to

10:00pm



## Information on medication and conditions

HeadMeds gives young people in the United Kingdom general information about medication. HeadMeds does not give you medical advice. Please talk to your Doctor or anyone else who is supporting you about your own situation because everyone is different.



[headmeds.org.uk](https://headmeds.org.uk)



## Eating Disorders

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.



[beateatingdisorders.co.uk](https://beateatingdisorders.co.uk)



0808 801 0711



[fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

Helplines are open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.



## Bereavement

Support for young people when someone dies.



[www.hopeagain.org.uk](http://www.hopeagain.org.uk)



0808 808 1677



[hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

Free helpline is open Monday-Friday, 9:30am - 5:00pm.



**hopeagain**  
young people  
living after loss

## Domestic violence abuse

Help and support for young people affected by domestic violence.



[www.refuge.org.uk](http://www.refuge.org.uk)



0808 2000 247

Free helpline is open 365 days a year, 24 hours a day



**Refuge**  
For women and children.  
Against domestic violence.

## Housing support

Charity working for people in housing need by providing free, independent, expert housing advice.



[england.shelter.org.uk](http://england.shelter.org.uk)



0808 800 4444

You should use this line if: You have nowhere to sleep, or might be homeless soon, You have somewhere to sleep, but nowhere to call home, You are/could be at risk of harm. Our helpline is open every day of the year: 8am - 8pm on weekdays and 9am - 5pm on weekends

**Shelter**

## Advice and information on drugs

Confidential webchat, helpline, advice and information on drugs, substance misuse and local services.



[www.talktofrank.com](http://www.talktofrank.com)



0300 123 6600



82111

Call FRANK 24 hours a day, 7 days a week. Live chat service operates from 2pm - 6pm, 7 days a week.

**FRANK**  
0800 77 66 00 talktofrank.com  
Friendly, confidential drugs advice

## Advice and information on drugs

Fusion NELFT provides a free, friendly confidential service to young people in the borough of Redbridge under the age of 18 who are using, or at risk of using drugs and alcohol. Fusion NELFT also provides family support for parents or carers of young people who are using substances. Fusion NELFT offers help and support to young people including: harm reduction, relapse sexual health screening, pregnancy testing, advice and information.



[www.nelft.nhs.uk/services-redbridge-](http://www.nelft.nhs.uk/services-redbridge-)



020 8708 7801 fusion/



[fusion@redbridge.gov.uk](mailto:fusion@redbridge.gov.uk)

Opening times: 9am-5pm, Monday to Friday. Station Road Centre, Station Road, Barkingside, Essex, IG6 1NB

**FUSION**  
(BARKINGSIDE)  
**NELFT**  
NHS Foundation Trust  
**NHS**

## Sexual health

Young People Friendly (YPF) is a local sexual health brand in Redbridge, Havering & Barking and Dagenham. YPF provides information on everything to do with your sexual health including locations of sexual health clinics.



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



020 7812 1735



07791 309 142



[talksafe@tht.org.uk](mailto:talksafe@tht.org.uk)

Call 111 if you need urgent advice.

