

Addiction

Children of Addicted Parents and People (COAP) via website only
 National Association for Children of Alcoholics 0800 358 3456
 Young People and Gambling 0808 8020 133

Bereavement

Child Bereavement Network <http://www.childhoodbereavementnetwork.org.uk/>
 Child Death Helpline 0800 282 986
 Childhood Bereavement Network 020 7843 6309
 Cruse Bereavement Care 0808 808 1677
 Grief Encounter <https://www.griefencounter.org.uk/>
 Hope Again 0808 808 1677
 Winston's Wish 08088 020 021

Bullying

Anti-bullying alliance <https://www.anti-bullyingalliance.org.uk/>
 Bullying UK <https://www.bullying.co.uk/>
 Ditch the Label <https://www.ditchthelabel.org/>

Cancer

Macmillan Cancer Support 0808 808 00 00

Children of Prisoners

National Information Centre on Children of Offenders <https://www.nicco.org.uk/>
 National Prisoners' Families Helpline 0808 808 2003

Children Missing

Runaway Helpline 116 000

Children's Charities

Action for Children <https://www.actionforchildren.org.uk/>
 Barnardos <https://www.barnardos.org.uk/>
 Childline 0800 1111
 Children's Society <https://www.childrensociety.org.uk/>
 NSPCC 0808 800 5000

Counselling

British Association for Counselling and Psychotherapy <https://www.bacp.co.uk/>

Crime

Crime Stoppers 0800 555 111
 Fearless (Crime Stoppers for Young People) <https://www.fearless.org/en>

Domestic Abuse

Sandwell Womens Aid 0121 552 6448
 Galop (LGBT) 0800 999 5428
 National Domestic Violence Helpline 0808 2000 247
 Refuge 0808 2000 247

Drugs

Talk to Frank <https://talktofrank.com>
DECCA 0121 569 2201

Faith

Muslim Youth Helpline 0808 808 2008

FGM

Africans Unite Against Child Abuse <https://afruca.org/>
Daughters of Eve <http://www.dofeve.org>
Forward UK 0208 960 4000
NSPCC FGM Helpline 0800 028 3550

Forced Marriage

Karma Nirvana 0800 5999 247

Housing

Shelter 0808 800 4444

LGBT

Stonewall 0207 593 1850

Transgender

Mermaids 0344 334 0550

Looked After Children

Coram Voice 0808 800 5792
The Care Advice Line 020 7017 8901

Mental Health

Anna Freud National Centre for Children & Families <https://www.annafreud.org/>
Anxiety UK 03444 775 774
B-eat eating disorders 0808 801 0711
Bipolar UK 0333 323 3880
CALM (Campaign Against Living Miserably) 0800 58 58 58
Charlie Waller Memorial Trust <https://charliewaller.org/>
HeadMeds <https://youngminds.org.uk/youngminds-professionals/our-projects/headmeds/>
Heads Together via website only Kooth <https://www.kooth.com>
Mentally Healthy Schools <https://www.headstogether.org.uk/programmes/mentally-healthy-schools/>
MindEd for Families <https://mindedforfamilies.org.uk/>
National Self Harm Network <http://www.nshn.co.uk/>
OCD Action 0845 390 6232
OCD-UK <https://www.ocduk.org/>
Papyrus (Suicide support) <https://www.papyrus-uk.org/>
Rethink Mental Illness <https://www.rethink.org/>
Samaritans 116 123
Sane 0300 304 7000
Selfharm UK <https://www.selfharm.co.uk>
The Mix 0808 808 4994
The Royal College of Psychiatrists <https://www.rcpsych.ac.uk/>
Young Minds <https://youngminds.org.uk/youngminds-professionals/our-projects/headmeds/>
Parents Helpline 0808 802 554

Migrant Children

Migrant Children's Project

0207 636 8505

Online Safety

Child Exploitation Online Protection Centre
National Professionals Online Safety Helpline
Net-Aware
Safer Internet
Think U Know

<https://www.ceop.police.uk/safety-centre/>

0344 381 4772

<https://www.net-aware.org.uk/>

<https://www.saferinternet.org.uk/>

<https://www.thinkuknow.co.uk/>

Parent Support

Parent Line Plus

0808 800 2222

Self-Harm

Harmless
National Self Harm Network
Self-injury support (Girls)

<https://harmless.org.uk/>

<https://www.nshn.co.uk/>

0808 800 8088

Sexual Abuse

Sexual Abuse MOSAC (Mothers of Sexually Abused Children)
Stop It Now
The Lucy Faithfull Foundation
NSPCC – Helpline for Victims of Sexual Abuse

0800 980 1958

0808 1000 900

01527 591922

0800 136 663

Sexual Health

Check Your Bits (Chlamydia Testing)
Getting It On
Sexual Health Helpline
Brook

www.checkyourbits.org

<https://www.gettingiton.org.uk/>

0300 123 7123

<https://www.brook.org.uk>