



# Need Help?

THESE HELPLINES ARE THERE FOR YOU. THEY ARE RUN BY PROFESSIONALS AND ALL INFORMATION GIVEN IS CONFIDENTIAL.

INFORMATION CAN ALSO BE FOUND ONLINE.

## Don't suffer in silence, you're not alone...

### Aged 16-25?

[www.themix.org.uk](http://www.themix.org.uk) – 0808 808 4994

### Alcohol

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) - 0300 123 1110

### Bereavement

[www.cruse.org.uk](http://www.cruse.org.uk) - 0808 808 1677

[www.childbereavementuk.org](http://www.childbereavementuk.org)

0800 028 8840 support for when a baby or child of any age are dying or have died in addition to supporting children facing a bereavement

### Bullying

[www.bullying.co.uk](http://www.bullying.co.uk)

### Cancer

[www.macmillan.org.uk](http://www.macmillan.org.uk) – 0808 808 0000

### Carers

[www.carersuk.org](http://www.carersuk.org) - 0808 808

7777

national dementia line - 0300 222 1122

**Childline** – 0800 11 11

### Domestic violence

[www.refuge.co.uk](http://www.refuge.co.uk) – 0808 2000 247

### Drugs

[www.talktofrank.com](http://www.talktofrank.com) – 0300 123 6600

0800 77 66 00 (won't show up on bill)

sms 82111

### Eating disorders

[www.b-eat.co.uk](http://www.b-eat.co.uk) – 0345 634 7650

### Emotional

[www.samaritans.org](http://www.samaritans.org) – 116 123

### Gaming

[www.familylives.co.uk](http://www.familylives.co.uk) – 0808 800 2222

[www.ukat.co.uk](http://www.ukat.co.uk) – 0808 223 0368

### LGBT

[www.stonewall.org.uk](http://www.stonewall.org.uk) – 0207 593 1850

### Meningitis

[www.meningitisnow.org](http://www.meningitisnow.org) – 0808 8010 388

### Mental health

[www.mind.org.uk](http://www.mind.org.uk) – 0300 123 3393 sms 86463

[www.sane.org.uk](http://www.sane.org.uk) – 0300 304 7000

[www.youngminds.org.uk](http://www.youngminds.org.uk) - specifically aimed at children and young people including a helpline supporting parents of children and young people with a mental health problem – 0808 802 5544

### Relationships

[www.splitz.org](http://www.splitz.org)

national sexual health helpline – 0300 123 7123

### Smoking

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)