

Support for Young People.

Listed below are some helplines and websites where young people can get information, advice and support.

British Association for Counselling and Psychotherapy (BACP)

The British Association for Counselling and Psychotherapy (BACP) is a large organisation that many counsellors around the UK are registered with. They're not only a charity but also an accrediting body that set certain standards and codes of ethics for counsellors and psychotherapists to adhere to. If counsellors are accredited by the BACP it means they have completed a substantial level of training and experience approved by the Association.

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

Brook Young People's Information Service:

www.brook.org.uk

Information, support and signposting service for young people under 25 on sexual health. Also run a confidential enquiry service via the Brook website . Details of local services available via text message (see website for details).

CEOP

CEOP is a law enforcement agency and is here to help keep children and young people safe from sexual abuse and grooming online. We help thousands of children and young people every year who have been in a similar situation to you.

<https://www.ceop.police.uk/Safety-Centre/>

Childline:

0800 1111

www.childline.org.uk

Counselling Directory

The counselling directory was set up by a team who know how difficult it can be to find the support and information you need. We have over 10,000 qualified counsellors listed with us, so we are sure the right person is waiting to hear from you.

<https://www.counselling-directory.org.uk/>

Kooth

Kooth, from XenZone, 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.

<https://www.kooth.com/>

National Youth Advocacy Service:

0808 808 1001

help@nyas.net

www.nyas.net

Provides information, advice, advocacy and legal representation to young people up to 25 through a network of advocates through England and Wales.

NSPPC

A fantastic organisation with lots of help and advice on offer. Specifically focuses around child abuse and prevention.

Call us or email help@nspcc.org.uk.

0808 800 5000

QWELL

Qwell is a provider of online mental health services for children, young people and adults. Qwell, from XenZone, is an online counselling and emotional well-being platform accessible through mobile, tablet and desktop and free at the point of need.

<https://www.qwell.io/index.html>

Samaritans:

Helpline: 116 123

Email jo@samaritans.org

www.samaritans.org

24hr service offering emotional support.

The Mix

0808 808 4994

www.themix.org.uk

Essential support for under 25s. Phone, Email, Web support and Counselling.

www.themix.org.uk/get-support/speak-to-our-team/crisis-messenger - The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK.

If you're in crisis and need to talk, text THEMIX to 85258

YAC

YAC are a drop in, free call centre for young people and have many full qualified crb registered youth workers and can be contacted via - <https://www.ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac/>

Further Websites

www.bbc.co.uk/radio1/advice - Advice and information on wide range of issues including bullying, sex and relationships, drink and drugs, body and mind

www.catch-22.org.uk - work in 150 towns and cities supporting young people with tough lives and facing difficult situations, programmes help to develop a young person's confidence and skills. Work covers substance misuse, family support, health and well being, education and training including apprenticeships, offender rehabilitation, community activities leaving care and advisory service, housing services.

www.childnet.com - Site aimed at children and young people with advice on staying safe online, online games, chatrooms, email and mobile phones

www.depressioninteenagers.co.uk - An interactive site with resources for young people with depression using self help ideas and relaxation techniques

www.disrespectnobody.co.uk - Understanding what healthy relationships are and what is not acceptable in a relationship

www.divorceaid.co.uk - If you have concerns and fears relating to your parents divorce click on 'Child Aid' button at top of home page and then go to the Child or Teenager section as appropriate.

www.docready.org - Helps young people get ready for the first time visiting a doctor to discuss mental health. Digital tools aimed at ensuring young people get the most out of their appointment with the doctor.

www.dotcomcf.org - Giving children the tools to cope with risky situations

<https://youngminds.org.uk> - website for young people with information about mental health medication, site owned and managed by national charity Young Minds.

www.hopesupport.org.uk - If you are aged 11+ and a close family member has been diagnosed with a life threatening illness, you can access safe online support in a way that suits you.

www.kidshealth.org - Has a teens section dealing with issues like body image, sexual health, drugs, alcohol etc

<https://www.themix.org.uk/drink-and-drugs> - for information relating to drink and drugs

www.meandmymind.nhs.uk - Oasis, the NHS Community Mental Health Team in London have developed this site which is aimed at young people 14-35 years who are struggling with unusual experiences like hearing voices or feeling paranoid. Although some of the contact information is relevant to the London Boroughs of Lambeth, Southwark, Croydon, or Lewisham, the general information provided would be helpful for anyone struggling with these issues.

www.nightline.ac.uk - Trained student volunteers provide emotional support to students. Operating in the night when many other university services are closed.

www.stem4.org.uk - A mental health charity for teenagers with lots of advice and support on issues such as self harm, addictions, eating disorders, depression

www.studentsagainstd Depression.org - Site contains excellent information and help for anyone feeling depressed.

www.studentminds.org.uk - The UK's student mental health charity. Peer support, Positive Minds Course, Eating difficulty groups.

www.thebrightsidetrust.org - Sometimes the only thing standing in the way of a young person achieving their education or career ambitions is a lack of information or support.

www.thestudentroom.co.uk - The largest student community in the world. Discuss anything - universities, health, relationships, lifestyle, finance, careers, jobs, and more.