

## HELPLINES' DIRECTORY

### 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 .....	via website only
Child Death Helpline .....	.. 0800 282 986
Childhood Bereavement Network .....	020 7843 6309
Cruse Bereavement Care .....	0808 808 1677
Grief Encounter .....	via website only
Hope Again .....	0808 808 1677
Winston's Wish .....	08088 020 021

### Bullying

Anti-bullying alliance .....	via website only
Bullying UK .....	via website only
Ditch The Label .....	via website only

### Cancer

Macmillan Cancer Support .....	0808 808 00 00
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### Children of Prisoners

National Information Centre on Children of Offenders .....	via website only
National Prisoners' Families Helpline .....	0808 808 2003

### Children Missing

Runaway Helpline .....	116 000
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### Children's Charities

Action for Children .....	via website only
Barnardos .....	via website only
Childline .....	0800 1111
Children's Society .....	via website only

NSPCC ..... 0808 800 5000

British Association for Counselling and Psychotherapy ..... via website only

### **Crime**

Crime Stoppers ..... 0800 555 111

Fearless (Crime Stoppers for Young People) ..... via website only

### **Domestic Abuse**

Galop (LGBT) ..... 0800 999 5428

National Domestic Violence Helpline ..... 0808 2000 247

Refuge ..... 0808 2000 247

### **Drugs**

Talk to Frank ..... via website only

### **Faith**

Muslim Youth Helpline ..... 0808 808 2008

### **FGM**

Africans Unite Against Child Abuse ..... via website only

Daughters of Eve ..... via website only

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

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

### **Mental Health**

Anna Freud National Centre for Children & Families .....	via website only
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 .....	via website only
HeadMeds .....	via website only
Heads Together .....	via website only
Kooth .....	via website only
Mentally Healthy Schools .....	via website only
MindEd for Families .....	via website only
National Self Harm Network .....	via website only
OCD Action .....	0845 390 6232
OCD-UK .....	via website only
Papyrus (Suicide support) .....	via website only
Rethink Mental Illness .....	via website only
Samaritans .....	116 123
Sane .....	0300 304 7000
Selfharm UK .....	via website only
The Mix .....	0808 808 4994
The Royal College of Psychiatrists .....	via website only
Young Minds .....	via website only
Young Minds Parents Helpline .....	0808 802 554

### **Migrant Children**

Migrant Children's Project .....	0207 636 8505
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### **Online Safety**

Child Exploitation Online Protection Centre .....	via website only
National Professionals Online Safety Helpline.....	0344 381 4772
Net-Aware .....	via website only
Safer Internet .....	via website only
Think U Know .....	via website only
Parent Line Plus .....	0808 800 2222

## Self-Harm

Harmless .....	via website only
National Self Harm Network .....	via website only
Self-injury support (Girls) .....	0808 800 8088

## Sexual Abuse

MOSAC (Mothers of Sexually Abused Children) .....	0800 980 1958
Stop It Now .....	0808 1000 900
The Lucy Faithfull Foundation .....	01527 591922

## Sexual Health

Check Your Bits (Chlamydia Testing) .....	via website only
Getting It On .....	via website only
Sexual Health Helpline .....	0300 123 7123
Brook .....	via website only

## Staff Support

Education Support Partnership .....	08000 562 561
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## Whistleblowing

NSPCC Whistleblowing Helpline .....	0800 028 0285
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