

Local and National Organisations

https://www.kooth.com/ anonymously
https://www.childline.org.uk/ or call them 0800 1111
https://www.themix.org.uk/ or call them 0808 808 4994
https://www.annafreud.org/on-my-mind/youth-wellbeing/
https://www.annafreud.org/on-my-mind/
https://www.mind.org.uk/
https://www.nspcc.org.uk/
https://www.samaritans.org/ or call them 116 123
https://www.nationalbullyinghelpline.co.uk/ or call them on 0845 22 55 787
https://www.bullying.co.uk/ or call them on 0808 800 2222
https://www.thinkuknow.co.uk
https://www.ceop.police.uk/safety-centre/
https://www.thecalmzone.net/ or call them on 0800 58 58 58
https://www.refuge.org.uk/ or call them 0808 2000 247
https://mensadviceline.org.uk/ or call them 0808 8010327
https://www.papyrus-uk.org/ or call them 0800 068 41 41
https://www.beateatingdisorders.org.uk/ or call them 0808 801 0711
https://youngminds.org.uk/ & https://youngminds.org.uk/find-help/get-urgent-help/
https://www.runawayhelpline.org.uk/ or call/text them 116000
https://www.forwarduk.org.uk or call them 0208 960 4000, extension 1
https://www.gov.uk/stop-forced-marriage or call them 020 7008 0151
https://karmanirvana.org.uk/ or call them 0800 5999 247
http://www.stonewall.org.uk
https://switchboard.lgbt/ or call them 0300 330 0630
https://childbereavementuk.org or call them 0800 02 888 40