

# Where to go for help and support ☺

## Mental Health

### Anxiety UK

03444 775 775 (helpline)

07537 416 905 (text)

anxietyuk.org.uk

Advice and support for people living with anxiety.

### Beat

0808 801 0711 (youthline)

0808 801 0811 (studentline)

beateatingdisorders.co.uk

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

### Childline

0800 1111

childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline.

**Forward Thinking Birmingham:** <https://www.forwardthinkingbirmingham.org.uk>

### Hope Again

0808 808 1677

hopeagain.org.uk

Support for young people when someone dies.

### Kooth

kooth.com

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

### Me and My Mind

meandmymind.nhs.uk

Advice and support for young people struggling with unusual experiences, such as hearing voices.

### NHS Go

nhsgo.uk

NHS app with confidential health advice and support for 16–25 year olds.

## **No Panic**

0330 606 1174

nopanic.org.uk/no-panic-youth-hub

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

## **OCD Youth**

ocdyouth.org

Youth Support for young people with obsessive-compulsive disorder (OCD).

## **On My Mind**

annafreud.org/on-my-mind

Information for young people to make informed choices about their mental health and wellbeing.

## **Samaritans**

116 123

samaritans.org

jo@samaritans.org

24-hour emotional support for anyone who needs to talk.

## **The Mix**

0808 808 4994

85258 (crisis messenger service, Text THEMIX)

themix.org.uk

Support and advice for under 25s, including webchat.

## **Voice Collective**

voicecollective.co.uk

Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs.

## **The What? Centre (Stourbridge/Dudley): <https://www.thewhatcentre.co.uk>**

or call on 01384 379992 (Stourbridge) or 01384 558488 (Dudley)

Counselling, advice and guidance for young people

## **YoungMinds**

0808 802 5544 (parents helpline)

85258 (crisis messenger service, text YM)

youngminds.org.uk

Committed to improving the mental health of babies, children and young people, including support for parents and carers. Provides information on medication for young people.

## **Young Stonewall**

0800 050 2020

youngstonewall.org.uk

Information and support for all young lesbian, gay, bi and trans people.

## **Youth Access**

youthaccess.org.uk

Advice and counselling network for young people, including details of free local services.

## **Online stuff and support**

### **Click CEOP <https://www.ceop.police.uk/safety-centre/>**

If you need to report any online stuff or need help

### **NSPCC**

<https://www.nspcc.org.uk> or the helpline (adults only, young people ring Childline, see above!) – 0808 800 5000, or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### **ThinkUKnow**

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

This is a great website for finding out about safer behaviour online and to get advice or support if you need it. Also has a great section for parents and explains what to do if something “goes wrong” online.

## **Sexual Health**

### **Birmingham LGBT**

<https://blgbt.org> or 0121 643 0821

Local LGBT support centre/network

### **Bish**

<https://www.bishuk.com>

Online sex and relationships info for young people 14+ - all your questions answered!

### **Brook**

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

Young people's sexual health charity - helps you find services and offers advice

### **Umbrella (Birmingham)**

<https://umbrellahealth.co.uk/> or 0121 237 5700 – Birmingham sexual health services. If you're not sure, just give the college's postcode – B17 9TG

## **Dudley**

<http://www.dgft.nhs.uk/services-and-wards/sexual-health-community/> or call on 01384 321480

## **Sandwell**

<https://www.healthysandwell.co.uk/our-services/sexual-health/> or 0121 612 2323

## **Drugs and alcohol worries**

### **FRANK**

<0300 123 6600>

<talktofrank.com>

Confidential advice and information about drugs, their effects and the law.

## **EMERGENCY CONTACTS**

### **Centrepoint**

<0808 800 0661>

<centrepoint.org.uk>

Provides advice, housing and support for young people aged 16–25 who are homeless or at risk of homelessness in England.

### **Papyrus HOPELINEUK**

<0800 068 41 41>

<07786 209697> (text)

<papyrus-uk.org>

Confidential support for under-35s at risk of suicide and others who are concerned about them.

### **Refuge**

<0808 200 0247>

<refuge.org.uk>

Help and support for young people affected by domestic violence.

### **Safeline**

<0808 800 5007>

<safeline.org.uk>

Young people's helpline, helping survivors of sexual abuse and rape.

### **Shelter**

<shelter.org.uk/youngpeople>

Charity working for people in housing need by providing free, independent, expert housing advice.

**The Mix**

85258 (crisis messenger service, Text THEMIX)

**Victim Support**

0808 168 9111

victimsupport.org.uk

Provides emotional and practical support for people affected by crime and traumatic events.

**Women's Aid (England)**

0808 2000 247

womensaid.org.uk

Information and support for women and children experiencing domestic abuse, including a directory of local services.

**YoungMinds**

85258 (crisis messenger service, text YM)