

## **National Helplines for Children and Young People**

### **NSPCC**

This is a child protection helpline. It provides counselling, information and advice to children at risk of being abused, or to anyone concerned about a child at risk of being abused.

Tel: 0808 800 5000 – 24 hours

Web: [www.nspc.org.uk](http://www.nspc.org.uk)

### **Childline**

Gives comfort, advice and protection to children and young people up to 18 years who are worried about any problem.

Tel: 0800 1111 – 24 hour helpline

Web: [www.childline.org.uk](http://www.childline.org.uk)

### **Message Home**

Children letting family know they are safe.

Tel: 0800 700 740

Email: [messagehome@missingpeople.org.uk](mailto:messagehome@missingpeople.org.uk)

Web: [www.messagehome.org.uk](http://www.messagehome.org.uk)

### **Runaway Helpline**

A free and confidential helpline for anyone under 18 who has run away or been forced to leave home

Tel: 0808 800 70 70 – 24 hours

Email: [runaway@missingpeople.org.uk](mailto:runaway@missingpeople.org.uk)

Web: [www.missingpeople.org.uk](http://www.missingpeople.org.uk)

### **Drugs Helpline**

24 hour helpline – If you are worried about drugs you can talk to frank for free and in confidence.

Tel: 0800 77 66 00 Text: 82111

Web: [www.talktofrank.com](http://www.talktofrank.com)

### **NHS Smoking helpline**

If you want to give up smoking

Tel: 0800 022 4332

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

### **National Alcohol Helpline**

Gives free confidential information and advice 24 hours a day, seven days a week, and can put you in touch with your local alcohol service for one-to-one help.

Tel: 0800 917 8282

Web: [www.patient.co.uk](http://www.patient.co.uk)

### **Alcoholism: National Association for Children of Alcoholics**

Tel: 0800 358 3456

Web: [www.nacoa.org.uk](http://www.nacoa.org.uk)

### **Beat Eating Disorders Youth Helpline**

YOUTHLINE 4.30 – 8.30pm Monday to Friday, 1.00pm – 4.30pm Saturday (25 years and under)

Tel: 0845 634 7650

Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Eating Disorders Association**

Information and help on all aspects of eating disorders including anorexia, bulimia and binge eating.

Tel: 0845 634 1414

Email: [info@b-eat.co.uk](mailto:info@b-eat.co.uk)

Web: [www.b-eat.com](http://www.b-eat.com)

### **Brook Young People's Information Service**

Information, support and signposting service for young people under 25 on sexual health. They also run a confidential enquiry service via the Brook Website.

Tel: 0808 802 1234

Web: [www.brook.org.uk](http://www.brook.org.uk)

### **Youth Access**

Puts young people in touch with relevant local services and counsellors

Tel: 0208 772 9900 (9.30am – 1.00pm and 2pm – 5.30pm)

Email: [admin@youthaccess.org.uk](mailto:admin@youthaccess.org.uk)

### **Careers Helpline for Young People (formerly Connexions Direct)**

A government support service which aims to provide advice, guidance and access to personal development opportunities for young people aged 13-19 years. The campaign line will refer on to the local service.

Tel: 0808 001 3219

Textphone 0800 968 336

Web: [www.direct.gov.uk](http://www.direct.gov.uk)