

Useful Contacts

OPENING STRINGS
MANCHESTER
SETTLEMENT
COMMUNITIES TRUST

YOUTH

Name	Contact	Info
Action for Children	actionforchildren.org.uk	Charity supporting children, young people and their families across England.
Anxiety UK	03444 775 774 (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.
Campaign Against Living Miserably (CALM)	0800 58 58 58 thecalmzone.net	Provides listening services, information and support for anyone who needs to talk, including a web chat.
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.
Childline	0800 1111 childline.org.uk	Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors.
FRANK	0300 123 6600 talktofrank.com	Confidential advice and information about drugs, their effects and the law.
Hope Again	0808 808 1677 hopeagain.org.uk	Support for young people when someone dies.
Hub of Hope	hubofhope.co.uk	A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

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Kooth	kooth.com	Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.
Me and My Mind	meandmymind.nhs.uk	Advice and support for young people struggling with unusual experiences, such as hearing voices.
Mencap	0808 808 1111 (Learning Disability Helpline) mencap.org.uk	Information and advice for people with a learning disability, their families and carers. Services include an online community.
National Society for the Prevention of Cruelty to Children (NSPCC)	0800 800 5000 (for adults concerned about a child). 0800 1111 (18 or under – Childline helpline). nspcc.org.uk	Support and information for children and anyone worried about a child.
NHS Go	nhsgo.uk	NHS app with confidential health advice and support for 16–25 year olds.
No Panic	0330 606 1174 nopic.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.

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Papyrus HOPELINEUK	0800 068 41 41 07860039967 (text) pat@papyrus-uk.org papyrus-uk.org	Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am–midnight.
Refuge	0808 200 0247 refuge.org.uk	Help and support for young people affected by domestic violence.
Relate	relate.org.uk	Provides help and support with relationships, including counselling and telephone support.
Rethink Mental Illness	0808 801 0525 rethink.org	Provides support and information for anyone affected by mental health problems, including local support groups.
Safeline	0808 800 5007 (Young people's helpline). 0808 800 5005 (National Male Survivor helpline). safeline.org.uk	Helplines for adults and young people who have experienced sexual abuse and rape. Offers face-to-face services in Coventry and Warwickshire and another helpline specifically for male survivors.
Samaritans	116 123 (freephone). jo@samaritans.org Freepost SAMARITANS LETTERS samaritans.org	Samaritans are open 24/7 for anyone who needs to talk. You can <u>visit some Samaritans branches in person</u> . Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).
Shelter	shelter.org.uk/youngpeople	Charity working for people in housing need by providing free, independent, expert housing advice.

Useful Contacts

OPENING STORIES
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COMMUNITIES FOUNDATION

YOUTH

Name	Contact	Info
The Mix	0808 808 4994 85258 (crisis messenger service, text THEMIX) themix.org.uk	Support and advice for under 25s, including a helpline, crisis messenger service and webchat.
Time to Change	time-to-change.org.uk (England) timetochangewales.org.uk (Wales)	National campaign to end stigma and discrimination against people with mental health problems in England and Wales. The campaign for England ended in 2021, but its resources are still available online.
Victim Support	0808 168 9111 victimsupport.org.uk	Provides emotional and practical support for people affected by crime and traumatic events.
Voice Collective	voicecollective.co.uk	Support for people under 25 who hear voices, have visions or other unusual sensory experiences or beliefs.
Women's Aid (England)	Women's Aid Live Chat support womensaid.org.uk	Information and support for women and children who have experienced domestic abuse, including support by live chat, a directory of local services and a forum.
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. <u>Provides information on medication for young people.</u>
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.