

## SERVICES YOUNG PEOPLE CAN ACCESS (NATIONAL)

### **B-EAT YOUTH HELPLINE**

**Telephone:** 08088 010711 (Monday to Friday 12pm to 8 pm and Weekends/Bank holidays 4pm-8pm).

**Under 18: Email:** [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

Over 18: **Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

**Webchat:** [https://support.beateatingdisorders.org.uk/app/chat/chat\\_launch](https://support.beateatingdisorders.org.uk/app/chat/chat_launch)

**Visit:** <https://www.beateatingdisorders.org.uk/>

Information, help and support for anyone affected by eating disorders.

### **CHILDLINE**

**Telephone:** 0800 1111

**1 to 1 chat:** <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

**Visit:** <https://www.childline.org.uk/>

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects you.

### **Law Stuff**

**Visit:** [www.lawstuff.org.uk](http://www.lawstuff.org.uk)

They are unable to operate their telephone number for the time being. Therefore, if you use this form: <https://lawstuff.org.uk/contact-us/>

The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.

### **FRANK**

**Telephone:** 0300 123 6600

**Text:** Text 'FRANK' to: 82111

**Email:** <https://www.talktofrank.com/contact>

**Visit:** [www.talktofrank.com](http://www.talktofrank.com)

**Live Chat:** <https://www.talktofrank.com/livechat>

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

### **GET CONNECTED**

**Telephone:** 02039 935571

**Email:** [info@getconnected.org.uk](mailto:info@getconnected.org.uk)

**Visit:** [www.getconnected.org.uk](http://www.getconnected.org.uk)

Live chat available on their website.

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services and can text information to the callers' mobile phones.

### **HEADMEDS**

**Visit:** <https://youngminds.org.uk/youngminds-professionals/our-projects/headmeds/>

Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.

### **SAMARITANS**

**Telephone:** 116 123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Visit:** [www.samaritans.org](http://www.samaritans.org)

**A couple of resources on their website specifically for young people:**

<https://www.samaritans.org/about-samaritans/research-policy/young-people-suicide/>

<https://www.samaritans.org/how-we-can-help/schools/young-people/>

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. They are there as a listening ear 24/7.

### **STONEWALL**

**Telephone:** 08000 502020

**Visit:** <https://www.stonewall.org.uk/>

Stonewall is there to help and support you with any issues you may have due to being LGBT. It is also there for emotional support.

### **THE MIX**

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

It is a non-judgemental space for 16-25's.

**Visit:** <https://www.themix.org.uk/>

**Telephone:** 0808 808 4994

**Email:** <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

**Text/Crisis service:** Text 'THEMIX' to 85258

**1 to 1 chat:** Go online to access the chat

**Counselling Service:** <https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

### **YOUTH ACCESS**

**Visit:** [www.youthaccess.org.uk](http://www.youthaccess.org.uk) to search their directory of services for help in your area.

**Telephone:** 020 8772 9900

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

A national membership organisation for youth information, advice and counselling agencies. Provides information on youth agencies to children aged 11-25 and their carers but does not provide direct advice.

### **OXFORDSHIRE YOUTH**

**Visit:** <https://oxfordshireyouth.org/>

**Telephone:** 01865 767899

**Email:** <https://oxfordshireyouth.org/contact-us/>

Oxfordshire Youth is an organisation which supports young people with different issues and encourages them to get to know others and take part in different activities. Look at the website for more information.

## YOUNG MINDS

**Visit:** <https://youngminds.org.uk/>

**Text:** Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258.

**Telephone:** 020 7089 5050.

**Email:** [ymenquiries@youngminds.org.uk](mailto:ymenquiries@youngminds.org.uk)

**Enquiries form:** <https://youngminds.org.uk/contact-us/general-enquiries/>

Young Minds is the leading charity for young people's mental health. They are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They want to make sure you get the best possible mental health support and have the resilience to overcome life's difficulties.