

National Support		
Childline	0800 1111	www.childline.org.uk
Samaritans	116 123	www.samaritans.org
The Mix – Counselling – phone, on-line, text, chat – for 10-25 year olds	Freephone: 0800 808 4994	www.themix.org.uk/
Young Minds Parent Helpline	0800 802 5544	www.youngminds.org.uk
Kooth - Anonymous online support for children and young people (MK, Beds and Luton + some other areas)		https://www.kooth.com/
The Anti Bullying Campaign	0808 800 2222 2222	www.bullying.co.uk
Youth Health Talk (Real life experiences)		www.youthhealthtalk.org
National Self-harm Network		http://www.nshn.co.uk
MindEd		www.minded.org.uk
Mind (national)	0300 123 3393	www.mind.org.uk
Mind BLMK (local)	0300 330 0648	https://www.mind-blmk.org.uk
CAPE (children of alcoholic parents engagement)		https://www.childrenssociety.org.uk/what-we-do/our-work/substance-misuse
<u>Nacoa - The National Association for Children of Alcoholics</u>	Free Helpline: 0800 358 3456	Nacoa also runs online message boards www.nacoa.org.uk
<u>Alateen</u>	020 7593 2070	
Mermaids	0844 334 0550	www.mermaidsuk.org.uk
Specialist Advice		
Frank (drugs advice)	0300 123 6600	www.talktofrank.com
Addaction (alcohol and drug advice)	020 7251 5860	www.addaction.org.uk
Adfam (alcohol and drug advice)		www.adfam.org.uk

National Association of Children of Alcoholics	0800 358 3456	www.nacoa.org.uk
Alcoholics Anonymous	0845 769 7555	www.alcoholics-anonymous.org.uk
Alcohol Concern	0300 123 1110	www.alcoholconcern.org.uk
Childnet – online sexual harassment & internet safety	020 7639 6967	https://www.childnet.com/
Winston's Wish (bereavement support)	08452 030405	www.winstonswish.org.uk
Young Carers	01908 231703	http://www.youngcarersmk.org/

Healthcare / Social Care

NHS 111	Dial 111	https://111.nhs.uk/
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Self-harm / Suicide specific

Charlie Waller Memorial Trust	01635 869 754	www.cwmt.org.uk/
Papyrus – prevention of young suicide Hopeline Uk	0800 068 41 41 Text: 0778 620 9697	https://papyrus-uk.org/
The Mix – Counselling – phone, on-line, text, chat – for 10-25 year olds	Free phone: 0800 808 4994	www.themix.org.uk/
Self-injury Support (for women & girls)	0808 800 8088	https://www.selfinjurysupport.org.uk
Kooth - Anonymous online support for children and young people		https://www.kooth.com/
The National Self Harm Network		http://nshn.co.uk/
Harmless		http://www.harmless.org.uk/
LifeSIGNS practical guidance & online support		http://www.lifesigns.org.uk/

jo@samaritans.org

24-Jul

web chat via website

Mon-Fri 09:30-16:00

Midday – 22:00 Mon-Fri 18:00-
22:00 Sat & sun

askus@familylives.org.uk

Online support forum

E-learning support for those
working with young people

Text 86463

09:00-18:00 Mon-Fri

provides information, advice and
support for everyone affected by a
parent's drinking.

for teenage relatives and friends
of alcoholics. Contact them to see
if there are local meetings you can
go to and meet other young
people in a similar situation.

provides information, email
support and a helpline for gender-
diverse kids, young people and
their families

frank@talktofrank.com

info@addaction.org.uk

admin@adfam.org.uk

helpline@Nacoa.org.uk

help@alcoholics-anonymous.org.uk

info@childnet.com

mail@carersmiltonkeynes.org

MUST BE REFERRED BY
PROFESSIONAL

Open 24/7 – free calls

pat@papyrus-uk.org

10:00-22:00 Mon-Fri 14:00-22:00 Weekends & Bank holidays

Text: 07537 432 444
Tues, Weds & Thurs 19:00-21:30

Midday – 22:00 Mon-Fri
18:00-22:00 Sat & sun

On-line support forum – 24/7

info@harmless.org.uk

ON LINE ONLY

