

Mental Health and Wellbeing Charities

General Wellbeing

Childline

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

Phone 0800 1111 (24 hours)

[Chat 1-2-1 with a counsellor online](#)

NSPCC

Offers a child protection helpline for adults concerned about a child or young person. The NSPCC also provide help for families to overcome abuse. Helpline: 0800 800 5000
Textphone: 0800 056 0566

The Mix

Information, support and listening for people under 25.

Phone 0808 808 4994 (24 hours)

[Get support online](#)

Youth Access

Get connected with the right support services and organisations in your area. For anyone aged 11-25.

Visit their [website to find your local service](#).

Samaritans

24 hour confidential listening and support for anyone who needs it. (Adults included.)

Phone 116 123 (24 hours)

Children's Legal Centre

Legal advice and representation for children and young people, plus information about your legal rights as a child.

[Contact online](#)

Headmeds

Straight talk on mental health medication for young people. Read about others' experiences and get answers to those 'awkward' questions.

[Student Listeners](#)

Cranbrook School's anonymous support website, manned by trained mentors.

Eating Disorders

[B-eat](#)

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18.

Phone 0345 634 7650 (4pm – 10pm 365 days a year)

Email fyp@b-eat.co.uk

eating-disorders.org.uk

The National Centre for Eating Disorders – a confidential counselling service that runs counselling and workshops for people with eating disorders. Helpline: 0845 838 2040

Drugs and Alcohol

[Frank](#)

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else.

0800 7766 00 (24 hours, won't show up on your phone bill)

LGBT+

[Stonewall](#)

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice and where to get local support.

Call their information service on 08000 50 20 20

Bullying

bullying.co.uk

Practical information and advice, working with schools, youth organisations, police forces and health trusts.

kidscape.org.uk

Information and advice on bullying and online bullying for parents, teachers and young people with a bullying helpline for parents too. Helpline: 08451 205 204

Bereavement

hopeagain.org.uk

Bereavement charity helping young people come to terms with bereavement and deal with their feelings.

Carers

carersUK.org

Information and advice for carers of all ages. They also have a directory of local carers groups Tel: 0808 808 7777 Mon-Fri 10am-4pm

babble.carers.org

An online community of young carers where you can talk to others like you, share stories and find support.

Self-Harm

selfharm.co.uk

Provides a safe place to talk, share stories and ask for advice.

selfinjurysupport.org.uk

Run by the Bristol Crisis Service for Women, they support girls in distress and have a text and email service too. Text: 0780 047 2908 Mon-Fri 7am-9pm 11

youth2youth.co.uk

Confidential and anonymous support from young volunteers for under-19s through its helpline and online chat. Helpline: 020 8896 3675 (Mon-Wed 6:30pm-9:30pm)

mind.org.uk

Provides mental help support and information. Infoline: 0300 123 3393 (Mon-Fri 9am-5pm)
Email: info@mind.org.uk

[National Self Harm Network](#)

Supports people who self-harm and helps to find support and alternatives to self-harming.