

Where can I go for help and advice?



Emotional Well being

Ask for help

There is an old saying **a problem shared is problem halved** and sometimes you can feel better just talking to somebody about a problem.

Where can I go for help and advice..... in school

- Progress Tutor
- Progress Leader
- Pastoral Support Mentor
- Teacher
- Inclusion
- Achieve 360
- Careers Advisor
- Friends



Free, safe and anonymous
online support for students

Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

On Kooth you can



Chat to our friendly
counsellors



Read articles
written by young
people



Get support from
the Kooth
community



Write in a daily
journal

Free, safe and anonymous online support for young people

www.kooth.com

Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm

Where can I go for help and advice?

childline

ONLINE,
ON THE PHONE,
ANYTIME

childline.org.uk
0800 1111

You can contact Childline about anything. Whatever your worry, it's better out than in.

There are lots of different ways to get in touch. Call, Chat online or Email

Call 0800 1111 www.childline.org.uk



BullyingUK
www.bullying.co.uk

Bullying affects lots of young people and can happen in and out of school but it's the way it's dealt with which makes the difference.

For support contact: - Helpline: 0808 800 2222

www.bullying.co.uk



Nest Lancashire has been set up to support young people aged 10 to 18 who have been affected by crime or subjected to bullying, threats or harassment. You can talk to NEST in confidence and all of the services are free of charge.

Call: [0300 111 0323](tel:03001110323)

Text: [NEST and your number to 60777](tel:60777)

Email: info@nestlancashire.org

www.nestlancashire.org

ChatHealth

Text the young people's health service

- A text messaging service called 'ChatHealth' is available for young people aged 11-19 years to use.
- ChatHealth is a confidential way that young people can text a School Nurse for any advice and support that they may need.
- School Nurses can provide help with a variety of issues including bullying, emotional well-being, sexual health, smoking and general health issues.
- A text message can be sent at any time, however the School Nurse will only respond between Monday to Friday 9-5pm. They aim to respond within 1 working day.

Got a question? Just text...

07507 330 510

Where can I go for help and advice?



Supporting victims of honour-based abuse and forced marriage.

UK Helpline: 0800 5999 247
Monday - Friday: 9am - 5pm.

info@karmanirvana.org.uk
www.karmanirvana.org.uk



Cruelty to children must stop. FULL STOP.

The [NSPCC](https://www.nspcc.org.uk) offer a free and anonymous FGM helpline 24/7. Call [0800 028 3550](tel:08000283550) for advice and support or email fgmhelp@nspcc.org.uk

Worried about radicalisation?

Don't wait until you're certain. Call the NSPCC helpline if you're worried that a child/young adult is being radicalised. It's free, anonymous and we're here 24/7.

help@nspcc.org.uk
[0808 800 5000](tel:08088005000)



young people's service

**Get advice
and support**

Get in touch with us at talkzone for advice and support about things that affect you for example:

- Problems at home/school
- Employment or training options
- Apprenticeships
- Sex, health and relationships
- Housing and money issues
- Bullying
- Mental Health
- Staying safe online

Text 07786 51 11 11
Talk online
lancashire.gov.uk/youthzone
Call 0800 51 11 11
facebook.com/LancashireYPS
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm
Confidential information and advice on anything that concerns you.

The contact information is presented in a vertical stack of blue and orange boxes. The top section is blue with white and yellow text, including icons for speech bubbles, a laptop, and a mobile phone. The middle section is blue with white and yellow text for social media links. The bottom section is orange with white text for hours and confidentiality.

Where can I go for help and advice?



Eating disorders are complex mental illnesses. Anyone, no matter what their age, gender, or background, can develop one.

Helpline services provide support and information 365 days a year. Helpline on **0808 801 0677** or **0808 801 0711** for the Youthline. www.beateatingdisorders.org.uk



The lead UK charity offering support, advice and advocacy services to people affected by self harm. www.nshn.co.uk



Advice and information on contraception, STIs, sex, relationships and pregnancy. On-line ask Brook 24/7 tool for the answers to all your questions. www.brook.org.uk Text Ask Brook on **07717 989 023**



Working to relieve and support those living with anxiety disorders by providing information, support and understanding.

Text Service: **07537 416 905**
Infoline: **03444 775 774 Mon-Fri 9:30am - 5.30pm**
www.anxietyuk.org.uk

Where can I go for help and advice?



Lancashire LGBT supports a number of groups and activities across Lancashire which provide a diverse range of opportunities for LGBT people. The [Lancashire LGBT website](#) provides details of support groups, volunteering, events and an Information and Support Helpline. It includes four youth groups run by Lancashire County Council for young people aged 12-19 years:
Power To Be Out (POUT) in the **Preston** area Tel: 01772 532930 or email pout@lancashire.gov.uk.



We support LGBTQ (lesbian, gay, bisexual, trans and those questioning their sexual or gender identity) children, young people and their families in the UK. www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ



Mermaids has evolved into one of the UK's leading LGBTQ+ charities, empowering thousands of people. Talk to us on - 0808 801 0400 Helpline Open Monday to Friday, 9am to 9pm
If there is no-one available to talk to and your situation is urgent, please email info@mermaidsuk.org.uk [Mermaids \(mermaidsuk.org.uk\)](http://Mermaids(mermaidsuk.org.uk))

Where can I go for help and advice?

The logo for TRUSTED, with the word 'TRUSTED' in a bold, blocky font. The letters are filled with horizontal lines, and the 'E' is slightly larger and positioned below the 'D'.

For advice and facts you didn't want to ask, Alcohol, Abuse, Drugs, Robbery, E-safety, Gangs and Knives, Bullying & No Respect www.trusted2know.co.uk

The logo for TALK TO FRANK, with the words 'TALK TO FRANK' in a bold, blocky font. The letters are filled with a grid pattern, and the 'O' is slightly larger and positioned between 'TALK' and 'FRANK'.

Whatever experiences you've had with drugs, it can help to get something off your chest.

Call FRANK, **0300 123 6600** 24 hours a day, 365 days a year. Text a question and FRANK will text you back **82111**

Live Chat between 2pm - 6pm (UK) on any day of the week.

[Email - frank@talktofrank.com](mailto:frank@talktofrank.com)

www.talktofrank.com

The logo for addaction, with the word 'addaction' in a bold, lowercase font. The 'add' is in yellow and 'action' is in white, set against a dark grey background.

If you're looking for advice and information about drugs and alcohol, or mental health issues then we can help. Freephone **0808 1640074**
Preston **01772 281495** www.addaction.org.uk

Where can I go for help and advice?



It's not always easy to admit it but we all need help sometimes. If you've got a problem or something you're worried about you'll find lots of people and places that can help here.

www.thinkuknow.co.uk



Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors

www.ceop.police.uk/safety-centre

Help and support - Mental Health

Whether you're concerned about yourself, a loved one or a friend , these helplines/websites can offer expert advice.

Bipolar UK – A charity helping people living with manic depression or bipolar disorder.

www.bipolaruk.org.uk

CALM - CALM is the Campaign Against Living Miserably, for men aged 15-35.

www.thecalmzone.net

No Panic - Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD.

Includes a helpline. Phone: 0844 967 4848 (daily, 10am-10pm) www.nopanic.org.uk

PAPYRUS - Young suicide prevention society. Phone: HOPElineUK 0800 068 4141

(Mon-Fri,10am-5pm & 7-10pm. Weekends 2-5pm) www.papyrus-uk.org

Rethink Mental Illness - Support and advice for people living with mental illness. Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm) www.rethink.org

SANE - Emotional support, information and guidance for people affected by mental illness, their families and carers. www.sane.org.uk/support

SANEline: 0300 304 7000 (daily, 4.30-10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

<http://www.sane.org.uk/textcare> Peer support forum: www.sane.org.uk/supportforum

Mind - Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm) www.mind.org.uk