



Links to external websites are provided for information purposes only. These organisations are independent of CWP and CWP will not be responsible for any advice or treatment they provide.



Childline www.childline.org.uk or ring 0800 1111 (24 hours a day, 7 days a week) Free and confidential helpline for children and young people about any worry they might have. You can speak to a counsellor by telephone or email; there's also online chat, a message board and a text messaging information service.



Samaritans www.samaritans.org.uk or ring 08457 90 90 90 (24 hrs 7 days a week) Volunteers who you can talk to in confidence for support if you are feeling sad or upset and don't know where else to turn.



Young Minds www.youngminds.org.uk Information and real life stories about children and young people's mental health, and ways to get help if you're struggling.



The Lowdown www.getthelowdown.co.uk A teenage health site; the 'Mind' section offers information and advice about common mental health conditions and dealing with difficult feelings; plus lots of tips on how to help ourselves stay happy and well.



Kooth www.kooth.com Free, confidential, online information, advice and counselling service for 11-25 year olds; about any worry you might have.



Youth2Youth www.youth2youth.co.uk Helpline run by young people for young people aged 11-19 years who would prefer to speak to another young person in confidence about their worries and concerns.



FRANK www.talktofrank.com Freephone 0800 77 66 00 (24 hour service, free if call from a landline) Confidential information and advice for anyone that has worries about alcohol or substance misuse.



BEAT (Eating Disorder Association) www.b-eat.co.uk Information about eating disorders, how to get help yourself and how to help someone else.



Headspace Toolkit www.headspacetoolkit.org Information and advice for young people when they need a short stay at hospital, so that they better understand what's happening, know their rights and feel they can be involved in the decisions being made.



Sibs www.sibs.org.uk Information, advice and support for people that grow up with a disabled brother or sister.