

Helpline Information



Childline Helpline: 08001111 web: www.childline.org.uk

Winston's Wish:

An interactive bereavement website designed for children, young people and their families. www.winstonswish.org.uk tel: 08452 030405

Kidscape: Bullying and child abuse prevention. www.kidscape.org.uk

NSPCC: Leading charity offering support to children and young people. www.nspcc.org.uk

Talk to Frank: Information and advice about drug misuse
tel: 0300 123 6600 (text: 82111) web: www.talktofrank.com

The Hideout: Interactive website designed to support children and young people experiencing Domestic Violence. The address can be hidden from the History log on your computer.
www.thehideout.org.uk

Young Minds: Excellent interactive website designed directly for children and young people on topics relevant to you.
www.youngminds.org.uk

CAMHs Crisis Response: If there is an urgent risk to self/need for mental health support - (0191) 441 5733

If you are worried about a child:

NSPCC helpline: 0808 800 5000

Young Minds Parent helpline: 0808 802 5544

MIND: Leading mental health charity providing useful information and support. www.mind.org.uk tel: 0300 123 3393 (text: 86463)