



Telephone and Web Support for Young People

WHO CAN HELP?	WHAT DO THEY DO?	WHAT TOPICS CAN THEY HELP WITH?	HOW CAN THEY BE CONTACTED?
Anna Freud National Centre	Supporting young people's mental health during periods of disruption	Anxiety Mental health	www.annafreud.org
Lifeline	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing)	0808 808 8000 18001 0808 808 8000
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	0808 808 4994
The HideOut	Web space to help children and young people understand domestic abuse and how to take positive action if it is happening to you	Domestic Violence	www.thehideout.org.uk
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	0808 800 5000 www.there4me.com
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	02890 357 820
Frank	Confidential advice on drugs	Alcohol Drugs	0300 123 6600
Here2Help App	Easy access App that provides 'I Need Help' and 'I have a problem' options	Help and support for a wide range of issues	Download the Here2Help app from the App Store
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	0800 171 2222
Informing Choices NI	Advice on sexual health	Sexual health Pregnancy	0345 122 8687

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		Contraception STDs Access to family planning	Monday - Friday 9-5
Common Youth Clinics	Clinics, advice & guidance on sexual health	Emergency contraception Pregnancy testing Counselling	02890 328 866
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808 802 1414
The Migrant Centre NI	Financial Health and Well being		euss@migrantcentreni.org
Cara-Friend/ LGBT Switchboard NI	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	0808 8000 390
Women's Aid	Specialist services for women, children and young people who have experienced domestic and sexual violence	Domestic Violence Sexual violence Relationships	0808 802 1414
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk
Young Minds	Supporting the mental health of children and young people	All aspects of mental health and wellbeing	https://youngminds.org.uk/
Action Mental Health NI	Supporting the mental health of children, young people and their families	All aspects of mental health and wellbeing	https://www.amh.org.uk/