

## 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?
<b>Anna Freud National Centre</b>	Supporting young people's mental health during periods of disruption	Anxiety Mental health	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Lifeline</b>	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
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111  <a href="http://www.childline.org.uk">www.childline.org.uk</a> 1-2-1 counsellor chat
<b>The MIX</b>	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	0808 808 4994
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	0808 800 5000  <a href="http://www.there4me.com">www.there4me.com</a>
<b>Aware</b>	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	02890 357 820
<b>Frank</b>	Confidential advice on drugs	Alcohol Drugs	0300 123 6600
<b>SIMON Community</b>	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	0800 171 2222
<b>Informing Choices NI</b>	Advice on sexual health	Sexual health Pregnancy Contraception STDs Access to family planning	0345 122 8687  Monday - Friday 9-5
<b>Common Youth Clinics</b>	Clinics, advice & guidance on sexual health	Emergency contraception Pregnancy testing Counselling	02890 328 866

<b>Domestic and Sexual Violence Helpline</b>	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808 802 1414
<b>The Migrant Centre NI</b>	Financial Health and Well being		euss@migrantcentreni.org
<b>Cara-Friend/ LGBT Switchboard NI</b>	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	0808 8000 390
<b>Women's Aid</b>	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	0808 802 1414
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>