

ORGANISATIONS

CHILDLINE www.childline.org.uk HELPLINE FOR YOUNG PEOPLE: 0800 1111

MIND www.mind.org.uk

YOUNGMINDS www.youngminds.org

SAMARITANS www.samaritans.org

MENTAL HEALTH FOUNDATION www.mentalhealth.org.uk

NATIONAL CHILDREN'S BUREAU www.ncb.org.uk

RETHINK www.rethink.org.uk

YOUTH IN MIND www.youthinmind.co.uk

YOUTH 2 YOUTH www.youth2youth.co.uk

YOUTH INFORMATION www.youthinformation.com

BEAT-Beating Eating Disorders www.edauk.com

YOUTHINMIND (Eating Disorders) www.youthinmind.co.uk

NATIONAL SELF HARM NETWORK www.nshn.co.uk

PAPYRUS (Suicide Prevention) www.papyrus-uk.org

DEPRESSION ALLIANCE www.depressionalliance.co.uk

HEARING VOICES www.hearing-voices.org.uk

TALK TO FRANK (Drugs and Alcohol) www.talktofrank.com

LIVE LIFE SAFE

www.livelifesafe.org.uk



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