

The Blue School Counselling Service

Helpful Phone Numbers & Websites

ALCOHOL/DRUGS

Alateen: Support for families and friends of alcoholics	0207 403 0888 Confidential Helpline	www.al-anonuk.org.uk/alateen
FRANK: Support, advice and information on any issues or questions relating to drugs and alcohol	24/365 Helpline 0300 123 6600 SMS 8211	www.talktofrank.com

ANXIETY

No More Panic: Information, support and advice for those who care for or suffer themselves from anxiety, panic, phobias or obsessive compulsive disorders.		www.nomorepanic.co.uk
Anxiety UK: National charity that provides information and support to those living with anxiety.	08444 775 774 Monday – Friday 9:30am – 5:30pm	www.anxietyuk.org.uk
Social Anxiety UK: Information and support		www.social-anxiety.org.uk
OCD Action: Support and information, section for young people and how to manage OCD in School	e-mail: support@ocdaction.org.uk	www.ocdaction.org.uk

MENTAL WELL BEING / HEALTH

Young Minds: Resources and emotional wellbeing tips and advice for parents	Parents' Helpline (Mon-Fri 9:30 - 4pm) 0808 802 5544	www.youndminds.org.uk/forparents
SANE : Emotional support and practical help and advice on mental health		www.sane.org.uk
Rethink: Downloadable booklets on various mental health difficulties and how to take care of yourself.	Practical Mental Health Information Line 0300 5000 927 (Mon-Fri 10am-2pm)	www.rethink.org
Royal College of Psychiatrists: Expert advice on various mental health issues and emotional wellbeing. Factsheets available.		www.rcpsych.ac.uk
Mental Health Foundation: Charity that campaigns for greater support, awareness and understanding of mental health. Lots of advice on looking after yourself/others		www.mentalhealth.org.uk

SEXUALITY / SEXUAL HEALTH

Brook Advice: Advice around sexual health and contraception		www.brook.org.uk
Wanting 2BU – Sexual Identity: For Young People in Somerset. A support Group funded by the NHS, SCC and Connect South West Limited	07857 939941	www.2bu-somerset.co.uk

EATING DISORDERS

B-EAT: Support, information and advice for anyone worried about or struggling with an eating disorder	Youthline 0345 634 7650 (Mon-Fri 2-4pm) Email: fyp@b-eat.co.uk	www.b-eat.co.uk
SWEDA: Local support services for pupils and parents.	01749 343344	http://www.swedauk.org

SELF HARM

National Self Harm Network: Offers support, advice and advocacy services to those affected by self harm directly or in a caring role. Helpful downloads and resources		www.nshn.co.uk
Self Harm UK: A UK based charity that offers support. Useful facts, information, and advice to parents and young people		www.selfharm.co.uk
Harmless: Provides a range of services about self-harm including support information to people who self-harm, their family and friends		www.harmless.org.uk

BEREAVEMENT

Cruse Bereavement Care: National Charity Information and Support for anyone who has experienced the death of someone close. Support for both adults and young people.	Local Number 01458 898211	www.cruse.org.uk
Child Bereavement UK Charity that supports families who have experienced the loss of a child or when a child is facing loss.		Childbereavement.org

CANCER

We Hear You (WHY) It provides specialist support for anyone affected by cancer (sufferer or family member) and provides sessions in Street.	01373 455 255 Email info@wehearyou.org.uk	http://www.wehearyou.org.uk
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SPECIALIST SITES

Children's Legal Centre: Provides legal information/representation on all issues of the law relating to children and young people	08088 202 008	www.childrenslegalcentre.com
CAFCASS: The Children and Family Court Advisory and Support Service (Cafcass) looks after the interests of children involved in family proceedings. This agency offers advice and support when going through a family break up or divorce	0300 456 4000	https://www.cafcass.gov.uk
Muslim Youth Helpline: Free Confidential emotional support helpline for young Muslims, available via phone or E Mail	0808 808 2008	www.myyh.org.uk

FAMILY SUPPORT

Care for the Family: A national charity which aims to promote strong family life and to help those who face family difficulties. Including national and local events and training/parenting courses/advice on bereavement.	029 2081 0800	www.careforthefamily.org.uk
Family Lives: Provides help and support, advice and information to families.	0808 800 2222	www.familylives.org.uk

Get Connected: Free and confidential helpline for young people under the age of 25. Support offered over a range of issues	Free Phone 0808 808 4994 (every day 1 – 11pm) Text:80849 Email via website	www.getconnected.org.uk
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CRISIS/EMERGENCY CONTACTS

NHS Direct: Advice and information on anything to do with health concerns, questions, queries	111	www.nhsdirect.nhs.uk
Child Line: Confidential support for any child/young person who is experiencing difficulties of any kind	Talk to a counsellor on the phone 0800 1111	www.childline.org.uk
Samaritans: Confidential emotional support for anyone struggling with difficult feelings or circumstances	08457 90 90 90 (24/7/365) jo@samaritans.org	www.samaritans.org
NSPCC: Child Protection Helpline	0808 808 5000	www.nspcc.org.uk