

# Useful contacts for families

Details of places for young people to access specific support or information.

## ADVICE AND GENERAL INFORMATION

### National Society for the Prevention of Cruelty to Children (NSPCC)

0800 800 5000

0800 1111 (18 or under)

[nspcc.org.uk](https://www.nspcc.org.uk)

Support for children and anyone worried about a child.

### Youth Access

[youthaccess.org.uk](https://www.youthaccess.org.uk)

Advice and counselling network for young people, including details of free local services.

## ANXIETY DISORDERS

### Anxiety UK

03444 775 774 (helpline)

07537 416 905 (text)

[anxietyuk.org.uk](https://www.anxietyuk.org.uk)

Advice and support for people living with anxiety.

### No Panic

0330 606 1174

[nopanic.org.uk/youth-hub](https://www.nopanic.org.uk/youth-hub)

Charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).

### OCD Youth

[youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)

[ocdyouth.org](https://www.ocdyouth.org)

Youth Support for young people with obsessive-compulsive disorder (OCD).

## ALCOHOL AND DRUGS

### FRANK

0300 123 6600

[talktofrank.com](http://talktofrank.com)

Confidential advice and information about drugs, their effects and the law.

### Al-Anon

Helpline: 020 7403 0888 (10am-10pm)

[al-anonuk.org.uk/alateen](http://al-anonuk.org.uk/alateen)

Support for the families and friends of alcoholics. Alateen meetings for the younger members of the family (12-17) are available in some major towns and cities, but where there are no Alateen meetings young people are welcome to attend an Al-Anon Family Group.

## BEREAVEMENT

### Hope Again (Youth website of Cruse Bereavement Care)

0808 808 1677

[hopeagain.org.uk](http://hopeagain.org.uk)

Here you will find information about bereavement, a listening ear and advice for any young person dealing with the loss of a loved one.

Shropshire-based children's hospice charity that offers bereavement counselling for people affected by illness/death of a young person 25 or under.

## RELATIONSHIPS

### Relate

0300 003 0396

[relate.org.uk](http://relate.org.uk)

Provides help and support with relationships through counselling, telephone counselling and anonymous live chat. Includes help for young people aged 16-25.

## SUICIDE

### **Papyrus HOPELINEUK**

0800 068 41 41

07786 209697 (text)

[papyrus-uk.org](http://papyrus-uk.org)

Confidential support for under-35s at risk of suicide and others who are concerned about them.

## YOUNG CARERS

### **Crossroads Together**

Support for under 18 carers who help to look after someone in their family, or a friend, who is ill, disabled, has mental health issues or misuses drugs or alcohol.

### **Hereford Young Carers Club**

Herefordshire Young Carers Club provides support and respite for children and young adults who are caring for a family member with an illness, disability, mental health issue or problem with drugs or alcohol. [www.hycclub.co.uk](http://www.hycclub.co.uk)