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## Services for Children and Young people

### **ANXIETY**

#### **Anxiety in students**

Advice for parents and young people who are suffering from anxiety.

<http://www.veysigmund.com/anxiety-in-kids/>

#### **Anxiety**

Tel. 08444 775774

This site is good for all areas of anxiety, once signed up you can have a free monthly newsletter with helpful information. You can find email contact on the site specific to the type of anxiety you have.

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

### **MENTAL HEALTH**

#### **Mind**

Tel. 0300 123 3393

Text. 86463

This site is for mental health issues.

[www.mind.org.uk](http://www.mind.org.uk)

[info@mind.org.uk](mailto:info@mind.org.uk)

#### **MENTAL ILLNESS**

Tel. 0300 5000927

Rethink mental illness offers advice and have helped millions of people affected by mental illness by challenging attitudes, changing lives.

[www.rethink.org](http://www.rethink.org)

### **The Mental Health Foundation**

This site provides an A to Z menu which covers all mental health and health issues.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### **Time to Talk**

Tel. 02082152356



### **Mental Health and Wellbeing**

Tel. 0207 0895050

Parent's helpline. 0808 8025544

This site covers all mental health issues and wellbeing for children, parents and professionals. It also includes info on some other sites that are available.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[ymenquiries@younminds.org.uk](mailto:ymentquiries@younminds.org.uk)

## **DEPRESSION**

### **Papyrus**

Tel. 0800 0684141

Papyrus provides support for anyone dealing with suicide, especially young people.

It also provides help and advice for people worried about someone else.

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

[admin@papyrus-uk.org](mailto:admin@papyrus-uk.org)

## **ABUSE**

### **Childline**

Tel. 0800 11 11

Childline is a free confidential helpline for children and young people in the UK offering counselling and support on a wide range of issues including abuse.

[www.childline.org.uk](http://www.childline.org.uk)

### **The Hideout**

The Hideout provides help, information and support for children and young people – whether you're currently living with violence, you've experienced violence on the past or if you know someone else going through it and you're looking for help and information. You can assess the site anonymously.

[www.thehideout.org.uk](http://www.thehideout.org.uk)

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

Tel. 0808 800 5000

A free phone helpline offering counselling and support to children and young people on a wide range of issues including abuse.

[www.nspcc.org.uk/childhood](http://www.nspcc.org.uk/childhood)

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### **Domestic Violence**

Tel. 0808 2000247

Information, help and advice on domestic violence.

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### **Womans Aid**

Tel. 0808 2000247

Is a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

## **INTERNET SAFETY**

### **Child Exploitation and Online Protection Centre**

Provides an online safety centre providing advice and tips for children and adults of all ages regarding using the internet safely.

[www.ceop.police.uk](http://www.ceop.police.uk)

[enquiries@ceop.police.uk](mailto:enquiries@ceop.police.uk)

### **Child Net International**

Provides online safety advice for parents, young people and teachers, regarding using the internet safely.

[www.childnet.com](http://www.childnet.com)

[info@childnet.com](mailto:info@childnet.com)

## **LEGAL ADVICE**

### **Children's Legal Advice Centre**

Tel. 0207 5801664 or 01206 714650

Provides legal advice and representation to children, their parents, carers and professionals, throughout the UK.

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

[clclondon@essex.ac.uk](mailto:clclondon@essex.ac.uk)

## **WEBSITES PROVIDING A RANGE OF INFORMATION**

### **Connexions Direct**

Tel. 0845 2171366 or 0845 2171368

Connexions provide information, advice and guidance to young people aged 13-19 (up to 25 with learning difficulties or disabilities). Topics include health, relationships, jobs and training, careers, housing, counselling, drugs.

Connexions Buckinghamshire provides services delivered through a network of Personal Advisors who work in numerous settings including schools, colleges, community setting and drop-in centres in Aylesbury, Wycombe and Chesham etc.

Online chat available

[www.connexionsbucks.org.uk](http://www.connexionsbucks.org.uk)

[Aylesbury@connexionsbucks.org.uk](mailto:Aylesbury@connexionsbucks.org.uk)

[highwycombe@connexionsbucks.org.uk](mailto:highwycombe@connexionsbucks.org.uk)

### **Youth Concern Uptown Coffee Bar**

Tel. 01296 431183

The centre is open Tuesday – Saturday 12pm to 4pm that offers advice and support to young people aged 13-25 on a variety of issues, including accommodation, counselling, employment, training, substance misuse, education and sexual health.

[www.Youthconcern.org.uk](http://www.Youthconcern.org.uk)

[admin@youthconcern.org.uk](mailto:admin@youthconcern.org.uk)

### **Get Connected**

0808 8084994

Get Connected is a confidential national helpline that can put young people in touch with helpful resources when they don't know where to turn. It covers a range of things on this website.

[www.getconnected.org.uk](http://www.getconnected.org.uk)

[admin@getconnected.org.uk](mailto:admin@getconnected.org.uk)

### **The Site**

This site covers health, housing, relationships, university, money, work, drink and drug advice.

It is all online via chat, email, FB and Twitter.

[www.thesite.org](http://www.thesite.org)

### **Buckinghamshire Family Information Service**

Tel. 07786 202920

Information on our team and how we can help families, young people, parents and professionals

[www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/contact.page](http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/contact.page)

[www.bit.ly/BFISHealth](http://www.bit.ly/BFISHealth)

### **National Children's Bureau**

Tel. 0207 8436000

The National Children's Bureau is a leading charity that for 50 years has been improving the lives of children and young people, especially the most vulnerable. We work with children and for children, to influence government policy, be a strong voice for young people and practitioners, and provide creative solutions on a range of social issues.

[www.ncb.org.uk](http://www.ncb.org.uk)

[enquiries@ncb.org.uk](mailto:enquiries@ncb.org.uk)

## **COUNSELLING**

### **Way In**

Tel. 01494 791177

Provides free, confidential information, support and counselling for young people, as well as advice for adults who are concerned about young people.

[www.way-in.org.uk](http://www.way-in.org.uk)

[wayinchesham@hotmail.com](mailto:wayinchesham@hotmail.com)

### **Youth Enquiry Service**

Tel. 01494 437373

Free confidential information, help, support and counselling to young people, between 13 and 25.

[www.yeswycombe.org.uk](http://www.yeswycombe.org.uk)

[enquiries@yeswycombe.org.uk](mailto:enquiries@yeswycombe.org.uk)

### **Samaritans**

Tel. 116 123

**If there's something troubling you, then get in touch.**

We're here 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. This number is FREE to call.

[www.samaritans.org](http://www.samaritans.org)

[jo@samaritans.org](mailto:jo@samaritans.org)



## **EMOTIONAL HEALTH**

### **Help Guide**

Our goal is to help you and your loved ones with information you can trust that will strengthen your emotional health, improve your relationships, and help you take charge of your life.

[www.helpguide.org](http://www.helpguide.org)

### **Runaway**

Tel. 116000

Runaway helpline provides information, help, support and options if you're thinking of running away or if you're already away.

[www.Runawayhelpline.org.uk](http://www.Runawayhelpline.org.uk)

116000@runawayhelpline.org.uk

### **Relate**

Tel. 0300 1001234

Parenting teenagers can be challenging and many parents find it hard to adapt to changes in their child's behavior as they grow up. Here you'll find lots of practical advice on how to deal with common teen issues.

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

## **HEALTH ISSUES**

### **Anorexia**

Tel. 03000 111213

We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders. We support and care for those struggling personally and resource and equip parents, families, friends and professionals.

<http://www.anorexiabulimiare.org.uk/>

### **Eating Disorders**

Lots of advice on eating disorders

[www.b-eat.co.uk](http://www.b-eat.co.uk)

[help@b-eat.co.uk](mailto:help@b-eat.co.uk)

### **Meningitis**

Tel. 080 88003344

Information and support for sufferers and family members.

[www.meningitis.org](http://www.meningitis.org)

[info@meningitis.org](mailto:info@meningitis.org)

## **SEXUAL HEALTH**

### **Terrence Higgins Trust**

Tel. 0808 8021221

HIV and sexual health advice

[www.tht.org.uk](http://www.tht.org.uk)

[info@tht.org.uk](mailto:info@tht.org.uk)

### **Coming Out**

Tel. 020753 1850

Advice on Lesbian, Gay, Bi and Trans

[www.stonewall.org.uk](http://www.stonewall.org.uk)

[info@stonewall.org.uk](mailto:info@stonewall.org.uk)

### **Sexual Health**

A Buckinghamshire service with online support and centres to visit

[www.sexualhealthbucks.nhs.uk](http://www.sexualhealthbucks.nhs.uk)

### **Sex etc.**

Everything you need to know in this online resource

[www.sexetc.org](http://www.sexetc.org)

### **Sexual Health**

**Iwannaknow** is designed to help you learn about your sexual health in order to make good decisions, since you will be a sexual being for a long time. Whether you're 18 or 80, you are going to have a desire to fulfill your sexual needs. Taking precautions now will not only help you live long, you will have a healthier sex life to show for it.

[www.iwannaknow.org](http://www.iwannaknow.org)

## **Gender Equity**

A good site for info but it is in California!

The Gender Equity Resource Center, fondly referred to as GenEq, is a UC Berkeley campus community center committed to fostering an inclusive Cal experience for all. GenEq is the campus location where students, faculty, staff and alumni connect for resources, services, education and leadership programs related to gender and sexuality.

[http://geneq.berkeley.edu/lgbt\\_resources\\_definition\\_of\\_terms](http://geneq.berkeley.edu/lgbt_resources_definition_of_terms)

[geneq@brkeley.edu](mailto:geneq@brkeley.edu)

## **Sexual Health and Pregnancy**

Tel. 0300 1237123

Brook provides free and confidential sexual health and wellbeing services for nearly 250,000 young people UK-wide, each year.

[www.brook.org.uk](http://www.brook.org.uk)