

Information for young people

beat (formerly the Eating Disorders Association)

Youthline: 0845 634 7650

Youthline email: fyp@b-eat.co.uk

Website: www.b-eat.co.uk

Beat provides information, advice and support around eating disorders, such as anorexia, bulimia, and binge eating.

Brook Advisory Service

Helpline: 0800 0185 023

Website: www.brook.org.uk

A charity that provides free and confidential sexual health advice and services specifically for young people under 25.

Bullying Online

Email: help@bullying.co.uk

Website: www.bullying.co.uk

A website and email service offering help and advice for young people and parents/carers.

ChildLine

Helpline: 0800 1111

Website: www.childline.org.uk

ChildLine is a free 24-hour helpline for children and young people in the UK, to help in relation to any problems.

Connexions

Advice line: 080 800 13219

Website: www.connexions.gov.uk

Connexions provides information for young people aged 13-19, covering topics such as education and work, health, relationships, and housing. They can also provide services by text and email.

Kidscape

Helpline: 08451 205 204

Email: webinfo@kidscape.org.uk

Website: www.kidscape.org.uk

Kidscape aims to prevent bullying and abuse of young people aged 16 or under.

Lesbian and Gay Switchboard

Helpline: 020 7837 7324

Email: admin@lgs.org.uk

Website: www.lgs.org.uk

LGS provides advice and support for lesbian and gay people.

NSPCC

Helpline: 0808 800 5000

Helpline email: help@nspcc.org.uk

Website: www.nspcc.org.uk

The UK-wide charity which aims to protect children and young people from harm and abuse.

Safe Use of the Internet

Website: www.netaware.org

This website contains information about how to use the Internet safely.

Samaritans

Helpline: 08457 909090

Email: jo@samaritans.org

Website: www.samaritans.org

Available 24-hours a day to listen to people in distress and to provide emotional support.

Talk to Frank (formerly National Drugs Helpline)

Tel: 0800 776 600

Email: frank@talktofrank.com

Website: www.talktofrank.com

Provides free and confidential information and advice about drugs. Also has a 24 hour helpline.

Teenage Health Freak

Website: www.teenagehealthfreak.org

This website is used by large numbers of young people, to get advice about physical health and well-being. The site is full of valuable advice and ideas.

The Site

Website: www.thesite.org

This really useful website provides advice and support for young people. Topics covered include drink and drugs, work and study, health and emotional well-being. There's also a useful database of local and regional support for young people.