

National Advice lines

SAMARITANS 24/7 listening support	116 123
SANELINE (6pm-11pm) emotional support and advice	0300 304 7000
FRANK Drug and alcohol support	0800 776600
Childline Listening support and tele-counselling	0800 1111
Young Minds (Parents helpline 09.30-16.00)	0808 802 5544

Web based Support

National self harm network	www.nshn.co.uk
Youngminds	www.youngminds.org.uk
Rethink	www.rethink.org
YOUNGSANE	www.sane.org.uk/young_sane
Time to change	www.time-to-change.org.uk
Papyrus	www.papyrus-uk.org