

Useful Links and Resources

Click on the links to take you to their websites

childline.org.uk

Their website contains information on a whole range of issues that may affect children and young people. Their online chat service and helpline provides free and confidential advice 24/7.



youngminds.org.uk

Helpful resources for and advice can be found on here for both young people and families/parents.



studentsagainstdepression.org

Website offering information, resources and advice for young people with depression and tips from other young people also.



getconnected.org.uk

Free, confidential helpline for young people. Volunteers are available to offer support on a wide range of issues, such as self-harm, bullying and drugs etc. Available 24/7, 365 days. Welsh support available.



papyrus-uk.org

Charity aimed at reducing the number of young suicides. They offer training to people and raise awareness. They also have a helpline called HOPElineUK which offers advice for young people thinking about suicide and for friends/family.



0800 068 41 41
07786 209 697



nspcc.org.uk

The national society for the prevention of cruelty to children. The website provides information on the services that they run and which are currently run in your local area. They also have a helpline.

NSPCC

0808 800 5000



autism.org.uk

Website that contains lots of information about autism and the services the NAS offers.



addiss.co.uk/information.htm

The National Attention Deficit Disorder Information and Support Service Website. It provides people-friendly information and resources about ADHD.



barnardos.org.uk/what-we-do/services

Barnardo's is a UK based charity that aim to support vulnerable young people. The link provided allows you to search for the services that they provide in your local area.



selfharm.co.uk

This website offers facts and myths about self-harm. It also offers advice on how to stay safe when self-harming and also advice on how to disclose self-harming. It also has an area where you can read other peoples stories and tell your own, as well as a blog page.



nshn.co.uk

The National Self-Harm Network provides a range of information and factsheets about dealing with self-harm.



kidscape.org.uk

UK based charity based on preventing bullying and abuse. Offers advice to those affected by bullying themselves and also offers advice for parents of children affected by bullying.



APPS

getselfhelp.co.uk/links2.htm#
Apps for Smart Phones

A range of mobile apps have been developed for self-help. Links to these are available via the Get Self Help website.

