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STUDENT AND PARENT HELPLINES' DIRECTORY - Oct 2023

Addiction

Children of Addicted Parents and People (COAP)	via website only
National Association for Children of Alcoholics	0800 358 3456
Young People and Gambling	0808 8020 133

Bereavement

Child Death Helpline	0800 282 986
Childhood Bereavement Network	020 7843 6309
Cruse Bereavement Care	0808 808 1677
Grief Encounter	via website only
Hope Again	0808 808 1677
Winston's Wish	08088 020 021

Bullying

Anti-bullying alliance	via website only
Bullying UK	via website only
Ditch The Label	via website only
National Bullying Helpline	0845 22 55 787

Cancer

Macmillan Cancer Support	0808 808 00 00
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Children of Prisoners

National Information Centre on Children of Offenders	via website only
National Prisoners' Families Helpline	0808 808 2003

Children Missing

Runaway Helpline	116 000
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Children's Charities

Action for Children	via website only
Barnardos	via website only
Childline	0800 1111
Children's Society	via website only
NSPCC	0808 800 5000
British Association for Counselling and Psychotherapy	via website only

Crime

Crime Stoppers	0800 555 111
Fearless (Crime Stoppers for Young People)	via website only

Domestic Abuse

Galop (LGBT)	0800 999 5428
National Domestic Violence Helpline	0808 2000 247
Refuge	0808 2000 247



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Drugs

Talk to Frank	via website only
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Faith

Muslim Youth Helpline	0808 808 2008
Muslim Community Helpline	020 8908 6715 and 020 8904 8193
Jewish Helpline	0800 6529249
Premier Lifeline	0300 111 0101

FGM

Africans Unite Against Child Abuse	via website only
Daughters of Eve	via website only
Forward UK	0208 960 4000
NSPCC FGM Helpline	0800 028 3550

Forced Marriage

Karma Nirvana	0800 5999 247
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Housing

Shelter	0808 800 4444
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LGBT

Coram Voice	0808 800 5792
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Mental Health

Anna Freud National Centre for Children & Families	via website only
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Anxiety UK	03444 775 774
B-eat eating disorders	0808 801 0711
Bipolar UK	0333 323 3880
CALM (Campaign Against Living Miserably)	0800 58 58 58
Charlie Waller Memorial Trust	via website only
HeadMeds	via website only
Heads Together	via website only
Kooth	via website only
Mentally Healthy Schools	via website only
MindEd for Families	via website only
National Self Harm Network	via website only
OCD Action	0845 390 6232
OCD-UK	via website only
Papyrus (Suicide support)	via website only
Rethink Mental Illness	via website only
Samaritans	116 123
Sane	0300 304 7000
Selfharm UK	via website only
The Mix	0808 808 4994
The Royal College of Psychiatrists	via website only
Young Minds	via website only
Young Minds Parents Helpline	0808 802 554

Migrant Children

Migrant Children's Project	0207 636 8505
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Online Safety



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Child Exploitation Online Protection Centre	via website only
National Professionals Online Safety Helpline	0344 381 4772
Net-Aware	via website only
Safer Internet	via website only
Think U Know	via website only
Parent Line Plus	0808 800 2222

Self-Harm

Harmless	via website only
National Self Harm Network.	via website only
Self-injury support (Girls)	0808 800 8088

Sexual Abuse

MOSAC (Mothers of Sexually Abused Children)	0800 980 1958
Stop It Now	0808 1000 900
The Lucy Faithfull Foundation	01527 591922

Sexual Health

Check Your Bits (Chlamydia Testing)	via website only
Getting It On	via website only
Sexual Health Helpline	0300 123 7123
Brook	via website only

Staff Support

Education Support Partnership	08000 562 561
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Whistleblowing

[NSPCC Whistleblowing Helpline](#)

0800 028 0285