

Childline

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.

More information can be found here: <https://www.childline.org.uk/>

Mind

We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.

More information can be found here: <https://www.mind.org.uk/>

NSPCC

The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover. Help us be here for children.

More information can be found here: <https://www.nspcc.org.uk/>

Samaritans

Samaritans works to make sure there's always someone there for anyone who needs someone.

More information can be found here: <https://www.samaritans.org/>