

Service: Childline

Website: www.childline.org.uk

Telephone: 0800 1111

Service: Samaritans

Website: www.samaritans.org

Telephone: 1116123

Email: jo@samaritans.org

Service: MIND Service

Website: www.mind.org.uk

Telephone: 0300123 3393

Email: info@mind.org.uk

**Service: NSPCC Helpline Children
(Under 18)**

Website: <https://www.nspcc.org.uk/>

Telephone: 0808 800 5000 or Text
88858 (free service)

Email: help@nspcc.org.uk

Service: Young Minds

Website: <https://youngminds.org.uk>

Telephone : 0808 802 5544

Service: The Mix

Website: <https://www.themix.org.uk>

Telephone: 0808 808 4994

Service: Women's Aid

Website: <https://www.womensaid.org.uk>

Email: info@womensaid.org.uk

Service: Stonewall

Website: <https://www.stonewall.org.uk/help-and-advice>

Email: info@stonewall.org.uk

Service: IKWRO - Domestic Violence

Website: <http://ikwro.org.uk>

Telephone: 0207 920 6460

**Service: Women's and Girls Network -
Domestic Violence**

Website: <http://www.wgn.org.uk>

Telephone: 0808 801 0660

Email: advice@wgn.org.uk

Service: CEOP

Website: <https://www.ceop.police.uk/safety-centre/>

Service: NSPCC

Website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Telephone: 0800 1111 (Under 18's)

Telephone: 0808 800 5000 (Over 18's)

Email: help@nspcc.org.uk