

Telephone and web Support for Children

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
Anna Freud	Supporting children's mental health during periods of disruption	Anxiety Mental Health	www.annafreud.org
Lifeline	Crisis response line for people in distress	Depression Mental health Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
The Migrant Centre NI	Financial Health and Well being		07769903471
The HideOut	Web space to help children and young people understand domestic abuse and how to take positive action of it's happening to you	Domestic Violence	www.thehideout.org.uk
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk