

Help & Support Directory

NHS Mental Health Service		www.nhs.uk/nhs-services/mental-health-services	
Young Minds		www.youngminds.org.uk	UK's leading charity fighting for children and young people's mental health.
Mind (for 11-18 year olds)		www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts	
The Samaritans	Call: 116 123	www.samaritans.org/how-we-can-help/contact-samaritan	
Childline	Call: 0800 1111	www.childline.org.uk	24 hr free confidential advice
NSPCC		www.nspcc.org.uk	
NAPAC		napac.org.uk	If you're an adult survivor of any form of child abuse, we're here for you. Taking a first step is difficult, but we can provide you with support and signposting on your road to recovery.
42nd Street		www.42ndstreet.org.uk	Support you with your emotional well-being and mental health by offering a choice of effective, creative, young person-centred and rights-based approaches.
Stop it Now	Call: 0808 1000 900	www.stopitnow.org.uk/helpline	Anonymous and confidential helpline available to anyone with concerns about child sexual abuse
The Survivors Trust	Call: 08088 010818	www.thesurvivorstrust.org	
Sexual Assault Referral Centre	Call: 0161 276 6515	www.stmaryscentre.org	24 hr helpline
DABS Directory		www.dabs.uk.com	National Resource Directory of approximately 650 charities, organisations and groups throughout the UK and Ireland that work in various ways to support survivors of abuse and sexual violence.
Papayrus	Call: 0800 068 4141	www.papyrus-uk.org	Prevention of young suicide. HopelineUK open 9am - midnight everyday
Centre of expertise on child sexual abuse		www.csacentre.org.uk	