

# Useful Phone Numbers and Websites for Pupils and Parents

Please see below for a list of useful phone numbers and websites concerning safeguarding for pupils and parents.

Name	About	Phone	Website
Childline	24 hour helpline for under 18s	0800 11 11	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
NSPCC	24 hour child protection helpline	0800 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
The Proud Trust	LGBT and youth support	0161 660 3347	<a href="http://www.theproudtrust.org">www.theproudtrust.org</a>
Cancer Support	Cancer support line	0808 800 1234	<a href="http://www.cancerbacup.org.uk">www.cancerbacup.org.uk</a>
Crime Victims	Victim support	0845 303 0900	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>
Crimestoppers	Crime prevention	0800 555 111	<a href="http://www.crimestoppers-uk.org">www.crimestoppers-uk.org</a>
National Missing Persons	Parents helpline	0500 700 700	<a href="http://www.missingpersons.police.uk">www.missingpersons.police.uk</a>
Runaway Helpline	Parents helpline	0800 800 70 70	<a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a>
Samaritans	24 hour suicide prevention line	08457 90 90 90	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
Stop Smoking	Quitting helpline 9am-9pm	0800 00 22 00	<a href="http://www.quit.org.uk">www.quit.org.uk</a>
Kidscape	Keeping safe, bullying & how to cope	020 7730 3300	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>
Youth Access	Discuss problems confidentially	020 8772 9900	<a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a>
CALM	Helpline for boys aged 15+	0800 58 58 58	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>

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Anxiety UK	Anxiety helpline	08444 775 774	<a href="http://www.anxietyuk.org">www.anxietyuk.org</a>
St. Joseph's Family Centre	Family support services in Warrington	01925 635 448	<a href="http://www.saintjosephsfamilycentre.co.uk">www.saintjosephsfamilycentre.co.uk</a>
MIND	Mental health issues helpline	0300 123 3393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
CAMHS	Child and Adolescent mental health	01925 579405	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Child Bereavement UK	Child bereavement helpline	0800 028 8840	<a href="https://childbereavementuk.org/">https://childbereavementuk.org/</a>
Happy, OK, Sad	Local mental health wellbeing help	01925 66 66 47	<a href="http://www.happyoksad.warrington.gov.uk">www.happyoksad.warrington.gov.uk</a>
RELATE	Relationships help	0300 100 1234	<a href="http://www.relate.org.uk">www.relate.org.uk</a>
Bereavement UK	Bereavement help	0800 634 9494	<a href="http://www.bereavement.co.uk">www.bereavement.co.uk</a>
Young Minds	Emotional help	0800 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Beat Youth Line	Eating disorder helpline	0808 801 0711	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>
Papyrus	Young suicide prevention	0800 088 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
OCD UK	Obsessive compulsive disorder help	0845 120 3778	<a href="http://www.ocduk.org">www.ocduk.org</a>
Mental Health Foundation	Mental health issues helpline	020 7803 1100	<a href="http://www.mentalhealth.org">www.mentalhealth.org</a>
No Panic	Help with anxiety disorders	0844 967 4848	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>
Health Magazine	Fitness and nutrition information		<a href="http://www.health.com">www.health.com</a>
Kooth	Online support for young people		<a href="http://www.kooth.com">www.kooth.com</a>