

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	www.childline.org.uk
NSPCC	24 hour child protection helpline	0800 800 5000	www.nspcc.org.uk
NHS 111	Phoneline and online service for concerns about illness or health concerns. Can sometimes arrange a home visit if needed.	111	www.111.nhs.co.uk
The Proud Trust	LGBT and youth support	0161 660 3347	www.theprouddtrust.org
Cancer Support	Cancer support line	0808 800 1234	www.cancerbacup.org.uk
Crime Victims	Victim support	0845 303 0900	www.victimsupport.org.uk
Crimestoppers	Crime prevention	0800 555 111	www.crimestoppers-uk.org
National Missing Persons	Parents helpline	0500 700 700	www.missingpersons.police.uk
Runaway Helpline	Parents helpline	0800 800 70 70	www.runawayhelpline.org.uk
Samaritans	24 hour suicide prevention line	08457 90 90 90	www.samaritans.org.uk
Stop Smoking	Quitting helpline 9am-9pm	0800 00 22 00	www.quit.org.uk
Kidscape	Keeping safe, bullying & how to cope	020 7730 3300	www.kidscape.org.uk

Name	About	Phone	Website
Youth Access	Discuss problems confidentially	020 8772 9900	www.youthaccess.org.uk
CALM	Helpline for boys aged 15+	0800 58 58 58	www.thecalmzone.net
Anxiety UK	Anxiety helpline	08444 775 774	www.anxietyuk.org
MIND	Mental health issues helpline	0300 123 3393	www.mind.org.uk
Child Bereavement UK	Child bereavement helpline	0800 028 8840	https://childbereavementuk.org/
RELATE	Relationships help	0300 100 1234	www.relate.org.uk
Bereavement UK	Bereavement help	0800 634 9494	www.bereavement.co.uk
Young Minds	Emotional help	0800 802 5544	www.youngminds.org.uk
Beat Youth Line	Eating disorder helpline	0808 801 0711	www.b-eat.co.uk
Papyrus	Young suicide prevention	0800 088 4141	www.papyrus-uk.org
OCD UK	Obsessive compulsive disorder help	0845 120 3778	www.ocduk.org
Mental Health Foundation	Mental health issues helpline	020 7803 1100	www.mentalhealth.org
No Panic	Help with anxiety disorders	0844 967 4848	www.nopanic.org.uk
Health Magazine	Fitness and nutrition information		www.health.com
Kooth	Online support for young people		www.kooth.com

Name	About	Phone	Website
Safeguarding Resource Hub	Resources for vulnerable pupils		www.safeguardingresourcehub.co.uk
Cruse Bereavement Care	Support for bereaved children	0808 808 1766	www.cruse.org.uk
Grief Encounter	Support for bereaved children	0808 802 0111	www.griefencounter.org.uk
anti-bullyingalliance	The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.		https://www.anti-bullyingalliance.org.uk/news-insight/3-signposting-advice-and-support
Safer Internet	Tips, advice, guides and resources to help keep your child safe online	0344 800 2382	https://www.saferinternet.org.uk/advice-centre/parents-and-carers