

Concerned about yourself?

Concerned about a friend?



Where Can I Get Advice On...



Mental Health & Self Harm

42ND STREET

kooth

SAMARITANS

PAPYRUS
PREVENTION OF YOUNG SUICIDE

LGBTQ+

Barnardos

M
Mermaids

the PROUD Trust
home of LGBTQ+ youth

Sex & Relationships

brook

DISRESPECT NOBODY

THINK UP KNOW
co.uk

Drugs & Alcohol

THE MIX
Essential support for under 25s

FRANK

YOUNGMINDS

Bullying & Discrimination

THE MIX
Essential support for under 25s

STOP HATE UK

ANTI-BULLYING
FROM THE DIANA AWARD

Sexual Harrassment & Abuse

childline

DISRESPECT NOBODY

THINK UP KNOW
co.uk

Online Issues

UK Safer Internet Centre

Childnet International

THINK UP KNOW
co.uk