













HELPLINES, APPS AND WEBSITES FOR HELP IN STAFFORDSHIRE

	PHONE 	WEBSITE 	ONLINE CHAT? 
Childline Free, confidential service where you can talk about anything you want	0800 1111 free 24/7	www.childline.org.uk	
The Mix Info and support for the under 25s for all kinds of issues	0808 8084994 free not 24/7	www.themix.org.uk	4 - 11 pm 
Young Minds Mental health support	Crisis text messenger 85258 free 24/7	www.youngminds.org.uk	
Runaway Helpline Support when you have gone missing	116000 free confidential 24/7	www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html	
Kooth Free, anonymous online counselling and support for young people	Mon – Fri 12pm – 10pm Sat – Sun 6pm – 10pm	www.kooth.com	
Help at Hand Support, advice and info for young people in care	0800 528 0731 free not 24/7	www.childrenscommissioner.gov.uk/help-at-hand	

	PHONE 	WEBSITE 	ONLINE CHAT? 
Help at Hand Support, advice and information for young people in care	0800 528 0731 Free not 24/7	www.childrenscommissioner.gov.uk/help-at-hand	
stopitnow! Help if you are worried about your online behaviour or someone else's	0800 1111 free 24/7	www.stopitnow.org.uk	
B-eat Support with eating disorders	0808 801 0711 or 0808 801 0677 free confidential not 24/7	www.beateatingdisorders.org.uk	
Brook Sexual health advice for under 25s	X	www.brook.org.uk	
Children's Society Support with various mental health and emotional issues for 13-17s	X	www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17	
SelfHarm UK Support with self harm	X	www.selfharm.co.uk	
Shout Crisis text messenger service (any age)	Text 85258 24/7	https://www.giveusashout.org/get-help/	
IMAlive Online crisis messenger service (based in US)	24/7	https://www.imalive.org/	
Calm Harm Free app to help manage self-harm urges	X	https://calmharm.co.uk/	
The Hideout Domestic Abuse website for young	X	http://thehideout.org.uk/	

	PHONE 	WEBSITE 	ONLINE CHAT? 
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
CEOP Reporting online sexual abuse or content	X	https://www.ceop.police.uk/safety-centre/	
Samaritans Free confidential support line for people who are feeling desperate	116 123	https://www.samaritans.org/	On it's way! Chat will be available soon.
MeeTwo Free mental health support app for young people to talk to experts or people with similar issues	X	https://www.meetwo.co.uk/	anonymous posts in the app allow chat with other people (posts moderated in advance)
Fearless Information and advice about youth crime.100% anonymous crime reporting	X	https://www.fearless.org/en	
Stoke-on-Trent StayWell Service Refer yourself for group or one-to-one support	01782 418 518	staywell.here4u@changes.org.uk	Full directory of local services, visit their website changeshere4u.org.uk
Staffordshire Connects Mental Health Pathway directory of local support	0333 150 3456	https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=0rW-BovMeR5E	
Mental Health support pathway for North Staffordshire- find where and how to get the support you need		https://search3.openobjects.com/mediamanager/staffordshire/hub/files/0children_s_mental_health_support_north_staffs_latest.pdf	
Mental Health support pathway for South Staffordshire- find where and how to get the support you need		https://search3.openobjects.com/mediamanager/staffordshire/hub/files/0children_s_mental_health_support_south_staffs_latest.pdf	

	PHONE 	WEBSITE 	ONLINE CHAT? 
101 Non-emergency Police number. For emergencies DIAL 999.	101 15p per call	www.police.uk/contact/101	
111 Non- emergency health advice. For emergencies DIAL 999	111 call if you are seriously wor- ried about smyptoms 24/7 free	https://111.nhs.uk/ Use website if your enquiry isn't serious	

