



CARDINAL  
NEWMAN  
CATHOLIC SCHOOL

# Mental Health and More: Sign Posting Booklet



## Young Minds

Providing specialist mental health support 24/7 to children and young people. Offering information, support and advice around all matters concerning a young person and their mental health.

Text YM to 85258 for free 24/7 support

Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



## Kooth

Free, safe and anonymous mental wellbeing support. They listen, counsel and support. Offering a huge library of content, self-help tool and activities.

Join Kooth: [Home - Kooth](#)

[Digital Mental Health Care - Kooth plc](#)



## Shout

A 24 hour free text service for all struggling to cope and needing support.

Text SHOUT to 85258

[Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)



## Positive Choices Coventry

Offering free and confidential advice and support to young people around drinking, drugs, relationships and sexual health. For children and young people aged 5-25.

Email: [coventryyp.info@cgl.org.uk](mailto:coventryyp.info@cgl.org.uk)

Contact Details: [Help with drinking, drugs, relationships, sexual health - Coventry \(changegrowlive.org\)](#)

[Positive Choices - Coventry service for young people \(changegrowlive.org\)](#)



## ChildLine

A free and confidential 24 hour helping for children and young people who need to talk about anything. Contact via phone, email or 1-1 chat with a counsellor. They provide message boards for young people to support each other.

Telephone: 0800 1111



Email (By signing up for free): [Login | Childline](#)

1-1 Counsellor Chat: [1-2-1 counsellor chat | Childline](#)

Message Boards: [Message boards | Childline](#)

## NSPCC

UK children's charity preventing abuse, rebuilding children's lives and supporting families. Provides advice and support to adults worried about a child.

Telephone: 0808 800 5000 – 24/7

[NSPCC | The UK children's charity | NSPCC](#)



## Mind

Providing advice and support on mental health problems, self-harm and local help and support within England. Crisis resources, emergency advice and A-Z mental health information.

Telephone: 0300 123 3393 – Weekdays 9am-6pm

Email: [info@mind.org.uk](mailto:info@mind.org.uk)



## Coventry Rape and Sexual Abuse Centre (CRASAC)

A crisis centre providing specialist support to those who have experienced sexual violence directly or indirectly.

[Home - CRASAC - Coventry Rape and Sexual Abuse Centre](#)

Helpline Number: 024 7627 7777 (24 hour - answerphone)

Main Office Number: 024 7627 7772

Email: [helpline@crasac.org.uk](mailto:helpline@crasac.org.uk)



## Early Help

Early Help is a partnership of organisations providing help, advice and support as soon as a problem emerges. With the aim to provide support as quickly as possible to prevent it getting worse. Services offered to families, children and young people, pre-birth to 19 years / 25 years where there are special educational needs or disabilities

Early Help Advice Hub: 01823 355 803

Support Request: [Early Help - Request for support - Introduction - Coventry City Council](#)

Email: [earlyhelp@coventry.gov.uk](mailto:earlyhelp@coventry.gov.uk)

School Nursing Team

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/coventry-family-health-and-lifestyle-service-0-19-years>

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

Chat Health Texting Service: 07507 331 949 for 11-18 year olds

Parent advice: 02476 189 190 8:30am – 4:30pm Mon-Fri or text 07507 329114

Coventry Boys and Girls Club (Youth Services)

<https://www.covboysandgirlsclub.co.uk/>

Tel: 02476 224 975



Rise

[Home | CAMHS \(cwrise.com\)](http://www.cwrise.com)

Hub Number: 0300 200 2021

CAHMS: 024 76961 368

Neuro-Development Team: 024 76961 226

Crisis Team: 024 76641 799



Coventry Multi Agency Safeguarding Hub (MASH)

Tel: 02476 788 555

Email: [mash@coventry.gov.uk](mailto:mash@coventry.gov.uk)



## Mental Health and Self-Harm

Childline	Telephone: 0800 1111 Email (By signing up for free): <a href="#">Login   Childline</a> 1-1 Counsellor Chat: <a href="#">1-2-1 counsellor chat   Childline</a> Message Boards: <a href="#">Message boards   Childline</a>
Mind	<a href="#">Home - Mind</a> Telephone: 0300 123 3393 – Weekdays 9am-6pm Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>
Young Minds	Text YM to 85258 for free 24/7 support Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm) <a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>
The Mix	<a href="#">The Mix - Essential support for under 25s</a> Telephone: 0808 808 4994 1-2-1 Chat: <a href="#">Speak to Our Team - The Mix</a> – (4pm-11pm) Crisis Messenger: Text THEMIX to 85258 (24/7) Email: <a href="#">Email us - The Mix</a>
Life Signs (Self-Injury)	<a href="#">LifeSIGNS – the user-led self-harm small charity</a>
Mental Health Foundation	<a href="#">Mental Health Foundation</a>
Kooth	Join Kooth: <a href="#">Home - Kooth</a> <a href="#">Digital Mental Health Care - Kooth plc</a>
Shout	Text SHOUT to 85258 <a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a>

## Bereavement

Cruse Bereavement Care	<a href="#">Home - Cruse Bereavement Support</a> Telephone: 0808 808 1677 Email: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a> Cruse 1-2-1 Chat: <a href="#">CruseChat   Chat online with a grief counsellor</a>
Hope Again - Cruse For young people living after loss	<a href="#">Hope Again</a> Telephone: 0808 808 1677 Email: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>
National Bereavement Partnership	<a href="#">HOME   National Bereavement Partnership</a> Telephone: 0800 488 0800 (7am – 10pm) Email: <a href="mailto:helpline@nationalbereavementpartnership.org">helpline@nationalbereavementpartnership.org</a>
Survivor of Bereavement by Suicide	<a href="#">Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)</a> Email: <a href="mailto:email.support@uksobs.org">email.support@uksobs.org</a> Telephone: 0300 111 5065

Child Bereavement UK	<a href="#">Child Bereavement UK</a> Telephone: 0800 02 888 40 Email: <a href="mailto:helpline@childbereavementuk.org">helpline@childbereavementuk.org</a>
Child Death Helpline	<a href="#">Child Death Helpline - Home</a> Telephone: 0800 282 986
Compassionate Friends	<a href="#">The Compassionate Friends (tcf.org.uk)</a> Telephone: 0345 123 2304 Main Office: 0345 120 3785 Email: <a href="mailto:helpline@tcf.org.uk">helpline@tcf.org.uk</a>
Grief Encounter Support for children and young people	<a href="#">Home SUPPORTING BEREAVED CHILDREN &amp; YOUNG PEOPLE - Grief Encounter</a> Telephone: 0808 802 0111 (9am – 9pm) Links for 1-2-1 chat and email support on the website
Winston's Wish Support for children and young people	<a href="#">Winston's Wish - giving hope to grieving children (winstonswish.org)</a> Support for families and guidance for professionals: <a href="#">Bereavement support for children and families   Winston's Wish (winstonswish.org)</a> Telephone: 08088 020 021 Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a>
At A Loss	<a href="#">Signposting Bereaved People to Support. (ataloss.org)</a> Speak to an online bereavement counsellor: <a href="https://www.ataloss.org/live-chat">https://www.ataloss.org/live-chat</a> Email: <a href="mailto:office@ataloss.org">office@ataloss.org</a>
Dying Matters Hospice – End of life care	<a href="#">Homepage   Hospice UK</a>
Disaster Action For the bereaved and survivors of major disasters	<a href="#">Disaster Action / Disaster Action</a> Email: <a href="mailto:admin@disasteraction.org.uk">admin@disasteraction.org.uk</a>

## Bullying

Childline	Telephone: 0800 1111 Email (By signing up for free): <a href="#">Login   Childline</a> 1-1 Counsellor Chat: <a href="#">1-2-1 counsellor chat   Childline</a> Message Boards: <a href="#">Message boards   Childline</a>
The National Bullying Helpline	<a href="#">Information and advice about all forms of bullying (nationalbullyinghelpline.co.uk)</a> Helpline Telephone: 0300 323 0169 Email: <a href="mailto:help@nationalbullyinghelpline.co.uk">help@nationalbullyinghelpline.co.uk</a>
Kidscape	<a href="#">Help With Bullying (kidscape.org.uk)</a> Bullying advice: <a href="#">Advice for parents, carers and young people (kidscape.org.uk)</a> Email: <a href="mailto:info@kidscape.org.uk">info@kidscape.org.uk</a>

The Cyber Smile Foundation	<a href="#">Cybersmile – Cyberbullying</a> Email: <a href="mailto:help@cybersmile.org">help@cybersmile.org</a>
eCrime Part of The National Bullying Helpline	<a href="http://ecrime-action.co.uk">eCRIMEeCrime Action Bullying on-line (ecrime-action.co.uk)</a>

### LGBTQIA+

Switichboard	<a href="#">Brighton &amp; Hove LGBT Switchboard</a> Live webchat accessible through website: <a href="#">Contact us - Brighton &amp; Hove LGBT Switchboard</a> Telephone: +01273 359042
LGBT Foundation	<a href="#">LGBT Foundation - Home</a> Telephone: 0345 330 30 30 Email: <a href="mailto:info@lgbt.foundation">info@lgbt.foundation</a>
Stonewall	<a href="#">Stonewall</a> Help and Advice: <a href="#">Help &amp; Advice   Stonewall</a> Telephone: 0800 050 2020
Families and Friends of Lesbians and Gays	<a href="#">Welcome - FFLAG</a> Helpline Telephone: 0300 688 0368 (Confidential) Email: <a href="mailto:support@fflag.org.uk">support@fflag.org.uk</a>
The Trevor Project	<a href="#">The Trevor Project   For Young LGBTQ Lives</a>

### Suicide and Emotional Distress

Samaritans	<a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> Telephone: 116 123 Self-Help App: <a href="#">Self-Help   Samaritans</a>
SOS Silence of Suicide	
Shout	Text SHOUT to 85258 <a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a>
Papyrus Support for children and young people	<a href="#">Papyrus UK Suicide Prevention   Prevention of Young Suicide (papyrus-uk.org)</a>
CALM	<a href="#">Get Help - Campaign Against Living Miserably (thecalmzone.net)</a>
Survivors of Bereavement by Suicide	<a href="#">Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)</a> Email: <a href="mailto:email.support@uksobs.org">email.support@uksobs.org</a> Telephone: 0300 111 5065

## Trauma

NHS	<a href="https://www.nhs.uk">Overview - Post-traumatic stress disorder - NHS (www.nhs.uk)</a>
Mind	<a href="#">Home - Mind</a> Telephone: 0300 123 3393 – Weekdays 9am-6pm Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Trauma advice: <a href="#">What is trauma? - Mind</a> PSTD Advice: <a href="#">What is PTSD? - Mind</a>
Assist Trauma Care	<a href="#">ASSIST Trauma Care   Working together from trauma to recovery</a> Telephone: 01788 551 919 Support Contact Form: <a href="https://assisttraumacare.org.uk">Contact Us (assisttraumacare.org.uk)</a>
PTSD UK	<a href="#">PTSD UK</a> Urgent Support: Text CONTACT to 85258 Support and Information: <a href="#">I need support and information – PTSD UK</a> Contact Form: <a href="#">I need support and information – PTSD UK</a>

## Eating Disorders

ABC	<a href="https://anorexiabulimiare.org.uk">Home   Anorexia &amp; Bulimia Care (anorexiabulimiare.org.uk)</a> Eating disorder support email: <a href="mailto:support@anorexiabulimiare.org.uk">support@anorexiabulimiare.org.uk</a> Parent, family, friends of someone struggling with an eating disorder: <a href="mailto:familyandfriends@anorexiabulimiare.org.uk">familyandfriends@anorexiabulimiare.org.uk</a>
Beat	<a href="https://beateatingdisorders.org.uk">The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)</a> Email: <a href="mailto:help@beateatingdisorders.org.uk">help@beateatingdisorders.org.uk</a> Telephone: 0808 801 0677
NHS	<a href="https://www.nhs.uk">Overview – Eating disorders - NHS (www.nhs.uk)</a>
National Centre For Eating Disorders	<a href="https://eating-disorders.org.uk">National Centre for Eating Disorder Help   Treatment &amp; Training (eating-disorders.org.uk)</a> Email: <a href="mailto:admin@ncfed.com">admin@ncfed.com</a> Telephone: 0845 838 2040

## Equality, Racism and Racist Hate Crime

Equality and Advisory Support Service	<a href="https://equalityadvisoryservice.com">Equality Advisory and Support Service (equalityadvisoryservice.com)</a> Telephone: 0808 800 0082 Text Number: 0808 800 0084
Stop Hate UK	<a href="#">Home - Stop Hate UK</a> Email: <a href="mailto:info@stophateuk.org">info@stophateuk.org</a> Telephone: 0113 293 5100
Mind	<a href="#">Home - Mind</a> Telephone: 0300 123 3393 – Weekdays 9am-6pm Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>



The Mix	<a href="#">The Mix - Essential support for under 25s</a> Telephone: 0808 808 4994 1-2-1 Chat: <a href="#">Speak to Our Team - The Mix</a> – (4pm-11pm) Crisis Messenger: Text THEMIX to 85258 (24/7) Email: <a href="#">Email us - The Mix</a>
Young Minds	Text YM to 85258 for free 24/7 support Phone: 0808 802 5544 (Monday to Friday: 9:30am-4pm) <a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>
Victim Support	<a href="#">Home - Victim Support</a> West Midlands Telephone: 0300 303 1977 Out of Hours Support Line (West Midlands): 08 08 16 89 111 1-2-1 Online Live Chat: <a href="#">Live chat - Victim Support</a>

### Forced Marriage and Honour Violence

The Forced Marriage Unit	<a href="#">Forced marriage - GOV.UK (www.gov.uk)</a>
IKWRO	<a href="#">IKWRO – IKWRO Women's Rights Organisation</a> Email: <a href="https://ikwro.org.uk/contact/info@ikwro.org.uk">https://ikwro.org.uk/contact/info@ikwro.org.uk</a> Telephone: 0207 920 6460
Karma Nirvana	<a href="#">Karma Nirvana</a> Telephone: 0800 5999 247
The Sharam Project	<a href="#">Sharan   Supporting South Asian Women in the UK</a> Email: <a href="mailto:info@sharan.org.uk">info@sharan.org.uk</a> Telephone: 0844 504 3231
Victim Support	<a href="#">Home - Victim Support</a> West Midlands Telephone: 0300 303 1977 Out of Hours Support Line (West Midlands): 08 08 16 89 111 1-2-1 Online Live Chat: <a href="#">Live chat - Victim Support</a>

### Cancer Support

Shine A Light Across Coventry and Warwickshire	<a href="#">Shine A Light – Holding your hand every step of the way. (shinealightss.org.uk)</a> Telephone: 024 7667 6159 Email: <a href="mailto:hello@shinealightss.org.uk">hello@shinealightss.org.uk</a> Contact Form: <a href="#">Contact us – Shine A Light (shinealightss.org.uk)</a>
Macmillan Cancer Support	<a href="#">Macmillan Cancer Support</a> Telephone: 0808 808 0000 1-2-1 Online Chat: <a href="#">Chat online - Macmillan Cancer Support</a> Email Online Form: <a href="#">Email the Macmillan Support Line - Macmillan Cancer Support</a>

Cancer Research UK	<a href="#">Cancer Research UK</a> Telephone: 0300 123 1022 Support Nurse Helpline: 0808 800 4040 Support Nurse Email: <a href="#">Ask our nurses a question   Cancer Research UK</a>
Young Lives V Cancer	<a href="#">Young Lives vs Cancer - we'll face it all, together</a> Telephone: 0300 330 0803 Email Form: <a href="#">Find out how to contact us - Young Lives vs Cancer</a> 1-2-1 Online Chat: <a href="#">Find out how to contact us - Young Lives vs Cancer</a>
Rip Rap Young person with a parent with cancer	<a href="#">rirap - when a parent has cancer - rirap</a> Email Form: <a href="#">Get In Touch - rirap</a> Support Forums: <a href="#">Forum (rirap.org.uk)</a>

### Domestic Abuse

Childline	Telephone: 0800 1111 Email (By signing up for free): <a href="#">Login   Childline</a> 1-1 Counsellor Chat: <a href="#">1-2-1 counsellor chat   Childline</a> Message Boards: <a href="#">Message boards   Childline</a>
The National Domestic Abuse Helpline - Refuge	<a href="#">Home   Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk)</a> Telephone: 0808 2000 247 Live 1-2-1 Chat: <a href="#">Live Chat Homepage   Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk)</a> Support in BSL: <a href="#">BSL   Refuge Domestic Abuse Helpline (nationaldahelpline.org.uk)</a>
Coventry Haven Women's Aid	<a href="#">Coventry Haven Women's Aid</a> Helpline Telephone: 0800 111 4998 Telephone: 024 76444 077 Live 1-2-1 Chat: <a href="#">Contact — Coventry Haven Women's Aid</a>  National Website: <a href="#">Home - Women's Aid (womensaid.org.uk)</a> Information and Support Email: <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a> National Helpline: 0808 2000 247
Men's Advice Line	<a href="#">Domestic Abuse Helpline for Men   Men's Advice Line UK (mensadviceline.org.uk)</a> Telephone: 0808 8010 327 Email: <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a> Live 1-2-1 Chat: <a href="#">Get In Contact With Us   Men's Advice Line UK (mensadviceline.org.uk)</a> (Wednesday, Thursday, Friday – 10am-11am / 3pm-4pm)
The Mankind Initiative	<a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a> Email: <a href="mailto:admin@mankind.org.uk">admin@mankind.org.uk</a> Telephone: 01823 334 244

National LGBT Domestic Violence Helpline	<a href="https://galop.org.uk/">https://galop.org.uk/</a> Domestic Abuse Helpline: 0800 999 5428 Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a> LGBT+ Hate Crime Helpline: 020 7704 2040 Email: <a href="mailto:HateCrime@galop.org.uk">HateCrime@galop.org.uk</a> Live 1-2-1 Chat available on the website
Advocacy After Fatal Domestic Abuse	<a href="#">Home - AAFDA</a> Email: <a href="mailto:help@aafda.org.uk">help@aafda.org.uk</a> Telephone: 07768 386922
Respect Phonenumber	<a href="#">Help For Domestic Violence Perpetrators   Respect Phonenumber UK</a> Email: <a href="mailto:info@respectphonenumber.org.uk">info@respectphonenumber.org.uk</a> Telephone: 0808 8024040
Victim Support	<a href="#">Home - Victim Support</a> West Midlands Telephone: 0300 303 1977 Out of Hours Support Line (West Midlands): 08 08 16 89 111 1-2-1 Online Live Chat: <a href="#">Live chat - Victim Support</a>

### Child Sexual Abuse (Current and Historical)

Childline	Telephone: 0800 1111 Email (By signing up for free): <a href="#">Login   Childline</a> 1-1 Counsellor Chat: <a href="#">1-2-1 counsellor chat   Childline</a> Message Boards: <a href="#">Message boards   Childline</a>
NSPCC	Telephone: 0808 800 5000 – 24/7 <a href="#">NSPCC   The UK children's charity   NSPCC</a>
National Association for People Abused in Childhood	<a href="#">NAPAC – Supporting Recovery From Childhood Abuse</a> Email: <a href="mailto:support@napac.org.uk">support@napac.org.uk</a> Telephone: 0808 801 0331
Samaritans	<a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> Telephone: 116 123 Self-Help App: <a href="#">Self-Help   Samaritans</a>
Minister and Clergy Sexual Abuse Survivors	<a href="https://www.macsas.org.uk/">https://www.macsas.org.uk/</a> Helpline: 08088 010304 (Saturday 9-11:30am & Wednesday 7-9:30pm) Email: macsas.org.uk
Mosac	<a href="#">Mosac</a> Telephone: 0800 980 1958 Email Form: <a href="#">Get in touch – Mosac</a>
Victim Support	<a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a> Helpline: 0808 1689111
Crasac	<a href="#">Home - CRASAC - Coventry Rape and Sexual Abuse Centre</a> Helpline Number: 024 7627 7777 (24 hour - answerphone)

	Main Office Number: 024 7627 7772 Email: <a href="mailto:helpline@crasac.org.uk">helpline@crasac.org.uk</a>
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### Adult Sexual Abuse (Current and Historical)

Rape Crisis England and Wales	<a href="https://rapecrisis.org.uk/">https://rapecrisis.org.uk/</a> Email: <a href="mailto:rcewinfo@rapecrisis.org.uk">rcewinfo@rapecrisis.org.uk</a>
Domestic and Sexual Abuse Helpline	<a href="https://dsahelpline.org/">https://dsahelpline.org/</a> Helpline: 0808 802 1414 (24/7) Message board: <a href="https://secure.callhandling.co.uk/cc2/WebChat/NewIndex">https://secure.callhandling.co.uk/cc2/WebChat/NewIndex</a> Email: <a href="mailto:help@dsahelpline.org">help@dsahelpline.org</a>
Safelines	<a href="https://www.safeline.org.uk/">https://www.safeline.org.uk/</a>
The Survivors Trust	<a href="https://www.thesurvivorstrust.org/">https://www.thesurvivorstrust.org/</a> Helpline: 08088 010 818
Survivors UK	<a href="https://www.survivorsuk.org/">https://www.survivorsuk.org/</a> Men overcoming sexual violence
Samaritans	<a href="#">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a> Telephone: 116 123 Self-Help App: <a href="#">Self-Help   Samaritans</a>
Minister and Clergy Sexual Abuse Survivors	<a href="https://www.macsas.org.uk/">https://www.macsas.org.uk/</a> Helpline: 08088 010304 (Saturday 9-11:30am & Wednesday 7-9:30pm) Email: <a href="mailto:macsas.org.uk">macsas.org.uk</a>
Victim Support	<a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a> Helpline: 0808 1689111
Crasac	<a href="#">Home - CRASAC - Coventry Rape and Sexual Abuse Centre</a> Helpline Number: 024 7627 7777 (24 hour - answerphone) Main Office Number: 024 7627 7772 Email: <a href="mailto:helpline@crasac.org.uk">helpline@crasac.org.uk</a>

### Carers UK

Young Carers Trust	<a href="https://www.carerstrusthofe.org.uk/young-carers/">https://www.carerstrusthofe.org.uk/young-carers/</a>
Carers UK	<a href="https://www.carersuk.org/">https://www.carersuk.org/</a> Telephone: 0207 378 4999

### Dementia

Dementia UK	<a href="https://www.dementiauk.org/">https://www.dementiauk.org/</a>
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	Helpline: <u>0800 888 6678</u>
Alzheimer's Society	<a href="https://www.alzheimers.org.uk/">https://www.alzheimers.org.uk/</a> Helpline: <u>0333 150 3456</u>
Young Dementia UK	<a href="https://www.youngdementianetwork.org/">https://www.youngdementianetwork.org/</a>
Alzheimers Research UK	<a href="https://www.alzheimersresearchuk.org/">https://www.alzheimersresearchuk.org/</a> Helpline: <u>0300 111 5555</u>
Rare Dementia Support	<a href="https://www.raredementiasupport.org/">https://www.raredementiasupport.org/</a> Email: <a href="mailto:contact@raredementiasupport.org">contact@raredementiasupport.org</a>
Playlist for Life	<a href="https://www.playlistforlife.org.uk/">https://www.playlistforlife.org.uk/</a>
BBC Music Memories	<a href="https://musicmemories.bbcrewind.co.uk/home">https://musicmemories.bbcrewind.co.uk/home</a>

### Drug Addiction

FRANK	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a> Helpline: <u>0300 123 6600</u> Text: <u>82111</u> Livechat: 2pm-6pm 7 days a week
Drug FAM	<a href="https://www.drugfam.co.uk/">https://www.drugfam.co.uk/</a> Helpline: 0300 888 3853 9am – 9pm 7 days a week

### Drink Addiction

Drinkline	Helpline: 0300 123 1110 (9am-8pm weekdays, 11am – 4pm weekends)
Alcoholics Anonymous	<a href="https://www.alcoholics-anonymous.org.uk/">https://www.alcoholics-anonymous.org.uk/</a> Email: <a href="mailto:help@aamail.org">help@aamail.org</a> Helpline: 0800 917 7650
We Are with You	<a href="https://www.wearewithyou.org.uk/">https://www.wearewithyou.org.uk/</a>
Al-Anon Family Groups	<a href="https://www.al-anonuk.org.uk/">https://www.al-anonuk.org.uk/</a> Email: <a href="mailto:helpline@al-anonuk.org.uk">helpline@al-anonuk.org.uk</a> Helpline: 0800 0086 811 (10am-10pm 365 days a year)
NOCOA – Children of Alcoholics	<a href="#">Nacoa: Helping everyone affected by their parent's drinking - Nacoa</a> Free helpline: 0800 358 3456
NHS Information	<a href="#">Alcohol support - NHS (www.nhs.uk)</a>

### Gambling Addiction

National Gambling Helpline	<a href="https://www.begambleaware.org/finding-the-right-support">https://www.begambleaware.org/finding-the-right-support</a> Helpline number: 0808 8020 133 (freephone 24/7)
Gam-Anon	<a href="https://gamanon.org.uk/">https://gamanon.org.uk/</a>

### Gangs and Youth Violence

St Giles	<a href="https://www.stgilestrust.org.uk/">https://www.stgilestrust.org.uk/</a> 3 Castle Yard, Coventry CV1 5RF Email: info@stgilestrust.org.uk
Positive Youth Foundation	<a href="https://positiveyouthfoundation.org/">https://positiveyouthfoundation.org/</a> Tel: 02476 158 550 Email: info@positiveyouthfoundation.org
Fearless Part of crime stoppers	<a href="https://www.fearless.org/">https://www.fearless.org/</a>