

Contact details of organisations offering support in the Corona Virus Pandemic.

ORGANISATION	SUPPORT FOR	CONTACT DETAILS
Anti-bullying helpline	Bullying	0845 225 5787 or 07734701221 www.nationalbullyinghelpline.co.uk
Aquarius	Drugs information, advice and counselling	01234 344911 www.talktofrank.com
BEAT	Eating Disorders	0345 634 1414 www.beateatingdisorders.org.uk
Chat Health	School Nurse text support service for 11 -19 year olds for any emotional or health support	TEXT - 07507331450 Monday – Friday 9am – 4.30pm, except bank holidays).
Childline	All areas – telephone and online counsellors	0800 1111 or www.childline.org.uk Domestic abuse helpline 0808 2000 247
Grief Encounter	Confidential helpline for bereavement support	0808 802 0111 www.griefencounter.org.uk
HOPEline uk	Prevention of Young Suicide	0800 068 4141 Text – 07786209697 pat@papyrus-uk.org
Kooth	Free online counselling and advice	www.Kooth.com
NSPCC	Advice and Support	0808 8005000 www.nspcc.org.uk
Parentline	Health Visitor text support service	07507 331456 to speak to a Health Visitor (Monday – Friday 9am – 4.30pm, except bank holidays).
Samaritans	All areas of support	116 123
SHOUT	Crisis support 24/7	Text Shout to 85258
Tactic	Teenage advice and information centre	01525 373838 tactic@leightonlinlade-tc.gov.uk www.tactic-centre.co.uk
Young and Free	sexual health and relationship advice for young people	https://youngandfree.org.uk/
Young Minds	All areas of support. Parent helpline also available if you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to 85258.	www.youngminds.org.uk
Children's Services	Any child protection concern	Central Bedfordshire on 0300 300 8585 Luton on 01582 547653