

National services supporting children, young people and families.

Please click on the links below to visit the specific webpage.

Service	Website	Description
Health area : Bereavement		
Winston's Wish	https://www.winstonswish.org.uk/	This site is for young people like you, who know exactly what it is like to have someone important to them die.
Cruse Bereavement Care	http://www.cruse.org.uk/	Cruse Bereavement Care is here to support you after the death of someone close.
Health area : Bullying		
Kidscape	https://www.kidscape.org.uk/	With advice and practical skills to learn on how to deal with bullying
Child Line	https://www.childline.org.uk/	If you are worried about anything, it could be something big or something small, don't bottle it up. It can really help if you talk to someone
Bullying UK	http://bullying.co.uk/	With general and specific advice on all types of bullying.
ConnectSafely	http://www.connectsafely.org/	Connect Safely is everyone engaged in and interested in the impact of social media and mobile
Health area : Drugs and Alcohol		
FRANK	http://www.talktofrank.com/	Frank is a national website of up to date information about drugs, risks, effects and harm reduction
Rise Above	http://riseabove.org.uk/	Rise Above is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to us. You'll find inspiring and useful stories, videos, games and advice.

NHS Choices	http://www.nhs.uk/pages/home.aspx	Lots of easy to access information on a range of drugs and alcohol issues and services
think drink drugs	http://thinkdrinkdrugs.co.uk/	Drug and alcohol facts, support services and latest information for Kent and Sussex
Drinkaware	https://www.drinkaware.co.uk/	An independent charity which aims to reduce alcohol-related harm by helping people make better choices about their drinking.

Health area : Relationships and sexual health

NHS Choices	http://www.nhs.uk/pages/home.aspx	Lots of easy to access information on a range of sexual health and relationship issues and services
Brook	https://www.brook.org.uk/	Brook is the UK's leading provider of sexual health services and advice for young people under 25. They specialise in working with young people to promote their sexual health in the wider context of health and wellbeing.
FPA	http://www.fpa.org.uk/	Providing help to parents talk to their children about growing up, support health professionals, campaign for better sexual health services and fight for the rights of all young people to have appropriate relationships and sex education.
Disrespect NoBody Campaign	https://www.disrespectnobody.co.uk	The Disrespect NoBody campaign builds on the Government's previous This is Abuse campaign, and is aimed at preventing abusive behaviours within relationships
Mankind	http://new.mankind.org.uk/	Mankind is a national charity that provides help and support for male victims of domestic abuse and domestic violence.

Health area : Lesbian, gay, bisexual and transgender

Stonewall	http://www.stonewall.org.uk/help-advice	Help and advice for all relating to LGBT
IntersexUK (ISUK)	http://www.intersexuk.org/about	IntersexUK (ISUK) is a human rights organisation working to achieve equality for, and the protection of Intersex bodied people.

Gendered Intelligence	http://genderedintelligence.co.uk/	Gendered Intelligence work predominantly with the trans community and those who impact on trans lives; we particularly specialise in supporting young trans people aged 8-25
Health area : Emotional Health and Wellbeing		
Beat	https://www.b-eat.co.uk/	Provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders.
YoungMinds	http://www.youngminds.org.uk/for_children_young_people	Offers information to young people and children about mental health and emotional wellbeing.
NSPCC	https://www.nspcc.org.uk/	Offers advice and information on female genital mutilation.
Child Line	https://www.childline.org.uk/Pages/Home.aspx	If you need someone to talk to, you can talk to Childline about any problem you are worried about. They are available 24 hours a day and can talk to you in confidence. The number won't appear on your phone bill. You can call them for free on 0800 1111 or visit their <u>website</u> .
selfharmUK	https://www.selfharm.co.uk/	A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.
Harmless	http://www.harmless.org.uk/	Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals
In Our Hands	http://www.inourhands.com/	Resources, advice and guidance on a range of mental health issues for young people, parents/carers and how to support them

National Self Harm Network	http://www.nshn.co.uk/	Supports individuals who self-harm to reduce emotional distress and improve their quality of life. They support and provide information for family and carers of individuals who self-harm. They seek to raise awareness of the needs of people who self-harm, dispel myths and combat discrimination.
PAPYRUS HOPELineUK	https://www.papyrus-uk.org/help-advice/about-hopelineuk	PAPYRUS exists to give young people hope and to prevent young suicide. We provide confidential support and advice to young people and anyone worried about a young person. We run a national helpline, HOPELineUK, including text and email services.
Samaritans	http://www.samaritans.org/	A confidential listening service with phone line 116 123, email and drop in services.
Health area : E-safety		
Child Exploitation and Online Protection	https://ceop.police.uk/safety-centre/	The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children
Thinkuknow	https://www.thinkuknow.co.uk/	Come in to find the latest information on the sites you like to visit, mobiles and new technology. Find out what's good, what's not and what you can do about it
UK Safer Internet Centre	http://www.saferinternet.org.uk/	You can find e-safety tips, advice and resources to help children and young people stay safe on the internet
Report Terrorism	https://www.gov.uk/report-terrorism	Reporting online material that promotes terrorism or extremism