



## Useful links to organizations that help support children & young people on a variety of issues.

*The following is a list of useful websites that might help if you're struggling.*

### Bereavement and Loss

- [Child Bereavement Support](#) provides information about what bereavement is. It also provides a helpline and advice for young people about how to care for themselves when someone close has died.
- [Cruse Bereavement Care](#) provide support for adults and children after the death of someone close. They also operate a helpline 9:30am to 8pm from Tuesday to Thursday, and Monday and Friday, 9:30am to 5pm.
- [RD4U](#) is a website designed for young people by young people. It is part of Cruse Bereavement Care's Youth Involvement Project and aims to support young people after the death of someone close.
- [Winstons Wish](#) is an interactive site where young people can talk to others and get lots of help if they have lost someone close.
- [2 Wish Upon a Star](#) provides bereavement support for families who have suddenly and traumatically lost a child or young adult.

### Bullying

- [Bullying UK](#) provides a helpline, email support, online chat and lots of information on bullying and advice on how to deal with it.
- [Bullies Out](#) includes help and advice about bullying. Also information for parents.
- [Hate Crime](#) gives information about hate crime or incidents and how to report them.

### Depression

- [Young Minds – Depression](#) is a useful section of the young minds website that provides information about what depression is and helpful fact sheets to download.
- [The Charlie Waller Memorial Trust](#) teach people how to look after their mental health

### Disability, Special Learning Needs and Educational Issues

- [Snap Cymru](#) is a site that provides help, advice and information about support services for disabilities and education difficulties.

### Drugs

- [Talk to Frank](#) has facts, information and advice concerning the dangers of drug taking. This site also has live web chat, text and helpline.

### Eating Disorders

- [B-eat](#) has information and help about eating disorders. It has a live chat area as well as a helpline, which operates every day from 3pm to 10pm.

## Helplines for Children & Young People

- [Childline](#) is a general help website for young people who are going through a difficult time or feel they are being abused by adults. It has a chat area and helpline, plus many other useful resources.
- [NSPCC](#) has information, help, advice and a 24-hour advice line for those concerned about child cruelty.
- [Samaritans](#) has information and a 24-hour helpline for those who feel in difficulty and need someone to talk to urgently.
- [C.A.L.L.](#) offer a 24-hour helpline service for people in Wales. They provide information and emotional support on mental health and related issues.
- [SANE](#) has information and advice for anyone affected by mental illness. They run an out of hours mental health helpline every day from 4:30pm to 10:30pm.
- [Bipolar UK](#) provide information and support on how to manage your bipolar or support a loved one. Their support line is open Monday to Friday from 9am to 5pm.
- [Carers UK](#) offer advice, support and information for carers. Their advice line is open Monday to Friday from 10am to 4pm.
- [OCD-UK](#) provides support, advice and information to both adults and children affected by OCD. They operate an advice line Monday to Friday from 9am to 5pm.
- [Mind](#) provide information and advice on a wide range of mental health topics. They operate an infoline Monday to Friday from 9am to 6pm.

## Lesbian, Gay, Bisexual and Transgender

- [Being Gay is OK](#) is for young people who are unsure about their sexuality or see themselves as being lesbian, gay or bisexual. It has information, help, downloads and useful links, plus a problem page where they can post questions and get replies from helpers.
- [Mermaids UK](#) provides information and resources for those wishing to know more about gender identity.
- [Switchboard](#) provide support and information for lesbians, gay men, bisexual and trans people, and anyone unsure of their sexuality and/or gender identity. They offer a support line every day from 10am to 10pm.
- [Trans Unite](#) provides an up to date resource for accessing UK based and online based support groups.
- [Umbrella Cymru](#) are gender and sexual diversity support specialists who provide services across Wales

## Looked After Children (LAC)

- [Info4carekids](#) is for looked-after child or young people. It is designed to help young people with information, advice and useful links to further resources.

## Self-Harm

- [Young Minds – Self-Harm](#) is a useful section of the young minds website that provides information, facts and help for those struggling with self-harm. It also provides links to other useful websites.
- [Papyrus](#) offer information and advice to young people struggling with self-harm and suicidal feelings. They provide a weekday helpline from 10am to 10pm, and a weekend helpline from 2pm to 10pm.
- [The National Self-Harm Network](#) provides crisis support, information and resources, advice, discussions and distractions.

## Wellbeing

- [PLATFFORM](#) work with young people to promote wellbeing through a combination of peer support, workshops and courses, 1:1 support and volunteering opportunities. [Platform 4YP](#) is a project created by young people, for young people. It includes an interactive website full to the brim with blogs, support, tips and practices for all things wellbeing for ages 14 – 24. It offers tips for what can help when you are struggling, information on how and where to get help, ways to feel empowered and how to build resilience during difficult times.
- [CAMHS Resources](#) was created for young people, carers and professionals to pool together lots of helpful resources to help support mental health and well-being.

## Worry, Anxiety and Stress

- [Anxiety UK](#) has lots of information about being worried (anxiety). As well as providing advice and support, they operate an infoline offering practical advice and information on support services Monday to Friday from 9:30am to 5:30pm.