

LOCAL PROVISIONS

Off the Record (wellbeing and mental health support)
CAMHS (mental health)
Anna Freud (wellbeing)
Sutton Counselling
Domestic Abuse One Stop Shop
Sexual Violence helpline
Sutton School Nurse
Sutton Food banks
Switch (young persons drug and addiction support)

www.talkofftherecord.org/sutton/
www.swlstg.nhs.uk/our-services/find-a-service/service/sutton-camhs
<https://www.annafreud.org/on-my-mind/youth-wellbeing/>
<http://www.suttoncounselling.co.uk/>
020 7801 1777
<https://rapecrisis.org.uk/get-help/>
020 8770 5409/020 8770 4490
<https://sutton.foodbank.org.uk/>
0208 7739393

NATIONAL HELPLINES' DIRECTORY

Addiction

Children of Addicted Parents and People (COAP) website only
National Association for Children of Alcoholics 0800 358 3456
Young People and Gambling 0808 8020 133

Bereavement

Child Bereavement Network website only
Child Death Helpline 0800 282 986
Childhood Bereavement Network 020 7843 6309
Cruse Bereavement Care 0808 808 1677
Jigsaw4U 020 8687 1384
Grief Encounter website only
Hope Again 0808 808 1677
Winston's Wish 08088 020 021

Bullying

Anti-bullying alliance website only
Bullying UK website only
Ditch The Label website only

Cancer

Macmillan Cancer Support 0808 808 00 00

Children of Prisoners

National Information Centre on Children of Offenders website only

National Prisoners' Families Helpline 0808 808 2003

Children Missing

Runaway Helpline 116 000

Children's Charities

Action for Children website only

Barnardos website only

Childline 0800 1111

Children's Society website only

NSPCC 0808 800 5000

Counselling

British Association for Counselling and Psychotherapy website only

Crime

Crime Stoppers 0800 555 111

Fearless (Crime Stoppers for Young People) website only

Domestic Abuse

Domestic Abuse Galop (LGBT) 0800 999 5428

National Domestic Violence Helpline 0808 2000 247

Refuge 0808 2000 247

Drugs Talk to Frank website only

Faith

Muslim Youth Helpline 0808 808 2008

FGM

Africans Unite Against Child Abuse website only

Daughters of Eve website only

Forward UK 0208 960 4000

NSPCC FGM Helpline 0800 028 3550

Forced Marriage

Karma Nirvana 0800 5999 247

Housing

Shelter 0808 800 4444

LGBT

Stonewall 0207 593 1850

Mermaids 0808 801 0400

Looked After Young People

Coram Voice 0808 800 5792

The Care Advice Line 020 7017 8901

Mental Health

Anna Freud National Centre for Children & Families website only

Anxiety UK 03444 775 774

B-eat eating disorders 0808 801 0711

Bipolar UK 0333 323 3880

CALM (Campaign Against Living Miserably) 0800 58 58 58

Charlie Waller Memorial Trust website only

HeadMeds website only

Heads Together website only

Kooth website only

Mentally Healthy Schools website only

MindEd for Families website only

National Self Harm Network website only

OCD Action 0845 390 6232

OCD-UK website only

Papyrus (Suicide support) website only

Rethink Mental Illness website only

Samaritans 116 123

Sane 0300 304 7000

Selfharm UK website only

The Mix	8088084994
The Royal College of Psychiatrists	website only
Young Minds	website only
Young Minds Parents Helpline	0808 802554

Online Safety

Child Exploitation Online Protection Centre	website only
National Professionals Online Safety Helpline	0344 381 4772
Net-Aware	website only
Safer Internet	website only
Think U Know	website only

Parent Support

Parent Line Plus	0808 800 2222
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Self-Harm

Harmless	website only
National Self Harm Network	website only
Self-injury support (Girls)	0808 800 8088

Sexual Abuse

MOSAC (Mothers of Sexually Abused Children)	0800 980 1958
Stop It Now	0808 1000 900
The Lucy Faithfull Foundation	01527 591922

Sexual Health

Check Your Bits (Chlamydia Testing)	website only
Getting It On	website only
Sexual Health Helpline	0300 123 7123
Brook	website only