***Mental Health Helplines/Resources:***

* [Mental Health Foundation](http://www.mentalhealth.org.uk/) is a UK charity, whose mission is "to help people to thrive through understanding, protecting, and sustaining their mental health."

Instagram: **@mentalhealthfoundation**

* [Rethink Mental Illness](http://www.rethink.org/) improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning. Their goal is to make sure everyone severely affected by mental illness has a good quality of life.

Instagram: **@rethinkmentalillness**

* [Samaritans](https://www.samaritans.org/) are an organisation you can ring at any time of the day or night. They'll help you and listen to how you’re feeling. You can: call them on 116 123 or email them at [jo@samaritans.org](mailto:jo@samaritans.org)

Instagram: **@samaritanscharity**

* [Saneline](http://www.sane.org.uk/) is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness.

Instagram: **@charitysane**

* [Kooth](http://www.kooth.com/) is a free, safe and anonymous online mental wellbeing community. It includes: a magazine, discussion boards, messages or live chat with their team and a daily journal you can fill in.

Instagram: **@kooth\_uk**

* [Childline](http://www.childline.org.uk/) offers a free confidential service to emotionally support children and young people under 19 with issues relating to child abuse, bullying etc.

Telephone: 0800 1111 | Instagram: **@childline\_official**

* [Switchboard](https://switchboard.lgbt/) provides information, support and referral service for lesbians, gay, bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) | Telephone: 0300 330 0630 | Instagram: **@switchboardlgbt**

* [Students Against Depression](http://www.studentdepression.org/) provides you with a calm environment and the resources to help you find a way forward - a website offering advice, information and guidance to those affected by low mood, depression and suicidal thinking.

Instagram: **@students\_against\_depression**

* [Young Minds](http://www.youngminds.org.uk/) provides information for children and young people about mental health and emotional wellbeing. Plus online or telephone support to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

Telephone: 020 7089 5050 | Instagram: **@youngmindsuk**

***Youth Homelessness:***

* [Runaway Helpline](https://www.runawayhelpline.org.uk/) provides information, help and support and options for young people thinking of running away or already away.

Instagram: **@runawayhelpline**

* [BECOME](http://www.becomecharity.org.uk/) provides help, support and advice to children in care and young care leavers so that they can unleash their potential and take control of their lives.

Instagram: **@becomecharity**

* [Nightstop](http://www.nightstop.org.uk/) is a charity service which provides emergency accommodation for young people aged 16-25 experiencing homelessness, in the homes of community volunteers.

Instagram: **@nightstop\_hwp**

* [Shelter](http://www.shelter.org.uk/) provides information and advice to young people facing homelessness.

Instagram: **@sheltercharity**

* [Step by Step](https://www.stepbystep.org.uk/) supports young people who are going through hard times, including homelessness. They provide accommodation, personal development opportunities, and specialist support services to empower young people and prevent homelessness.

***Staying safe online:***

* [Child net](http://www.childnet.com/) is a site aimed at children and young people with advice on staying safe online, online games, chatrooms, email and mobile phones.

***Skills, training, work experience and employment:***

* [NCS](http://www.ncsyes.co.uk/) - National Citizen Service is a way for 15 to 17 year olds living in England and Northern Ireland to make new friendships, learn new skills and create unforgettable memories. NCS takes place outside of term time in the Spring, Summer and Autumn and involves outdoor activities, staying away from home, learning life skills, personal skills, leadership, communication.

Instagram: **@ncs**

* [The Bright Side Trust](http://www.thebrightsidetrust.org/) – Sometimes the only thing standing in the way of a young person achieving their education or career ambitions is a lack of information or support.
* [The Student Room](http://www.thestudentroom.co.uk/) – The largest student community in the world. Discuss anything - universities, health, relationships, lifestyle, finance, careers, jobs, and more.

Instagram: **@thestudentroom**

* [Proud to Care](https://www.proudtocarenorthlondon.org.uk/)’s focus is on getting people into jobs in the growing health and social care sector, by promoting the range and numbers of different jobs and the career progression routes on offer. Their commitment is to supporting health and care employers recruit, retain and develop a quality workforce that keeps pace with demand. Call on 020 7974 5124
* [West London College](https://www.wlc.ac.uk/) bring together employers, training providers, local authorities and charities. Working together to create: Training programmes, Apprenticeships, Work placements, Jobs and career opportunities in construction.

Instagram: **@westlondoncollege**

*If you have a disability, physical health or mental health condition, the following services could help you find your next training opportunity:*

* [Bright Futures](https://brightfuturescare.co.uk/) helps people with a learning disability, autism, or Aspergers.

Instagram: **@brightfuturesuk**

***Community safety:***

* [Kids Health](http://www.kidshealth.org/) has a teens section dealing with issues like body image, sexual health, drugs, alcohol etc.
* [Lynne Namka](http://www.lynnenamka.com/) provides good information on how to manage anger, section for young people and children.

***Young people’s drug and alcohol misuse:***

* [Frank](https://www.talktofrank.com/) Find out everything you need to know about drugs, their effects and the law. Provide facts, support and advice on drugs and alcohol.
* [Adfam](https://adfam.org.uk/)works to improve the lives of families affected by drug and alcohol use.
* [NHS Live well](https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/)has information on the effects of drugs.
* [Drinkaware](https://www.drinkaware.co.uk/) provide facts, advice and tools for tracking your alcohol intake.

Instagram: **@drinkaware\_trust**

**Support services that protect young people online**

* [Bullying UK](http://www.bullying.co.uk/) provides support and advice on bullying. You can call their helpline on 0808 800 2222 or email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | Instagram: **@bullyinguk**

[Anti-bullying Alliance](http://www.anti-bullyingalliance.org.uk/) are a unique coalition of organisations and individuals, working together to achieve their vision to; stop bullying and create safer environments in which children and young people can live, grow, play and learn.

Email: [aba@ncb.org.uk](mailto:aba@ncb.org.uk) | Instagram: **@antibullyingalliance**

* [NSPCC](https://www.nspcc.org.uk/) helps children who've been abused, protect children at risk and find the best ways to prevent child abuse from ever happening.

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) | Telephone: 0808 800 5000 | Instagram: **@nspcc\_official**