

Student Helpline:	Parent Helpline:
<ul style="list-style-type: none"> Childline 0800 1111 www.childline.org.uk Advice and support service	<ul style="list-style-type: none"> www.youngminds.org.uk 0808 802 5544 Advice and support for students and parents of students displaying mental health
<ul style="list-style-type: none"> NSPCC 0800 1111 www.nspcc.org.uk 	<ul style="list-style-type: none"> www.parenting.co.uk Advice and tips to support positive parenting
<ul style="list-style-type: none"> Relate www.relate.org.uk Relationship support and advice	<ul style="list-style-type: none"> Step Change 0800 138 1111 Debt management support and advice services
<ul style="list-style-type: none"> Self-harm UK www.selfharm.co.uk 	<ul style="list-style-type: none"> National Self-Harm Network www.nshn.co.uk
<ul style="list-style-type: none"> Self-Injury Support 0808 800 8088 Text: 07800472908 www.selfinjurysupport.org.uk 	<ul style="list-style-type: none"> New Family Social 0843 289 9457 www.newfamilysocial.org.uk Support for LGBT adoptive and foster family's
<ul style="list-style-type: none"> Samaritans 0116 123 www.samaritans.org Advice and support for depression, anxiety, stress and other needs	<ul style="list-style-type: none"> Home-Start www.home-start.org.uk Support families helping to deal with challenges at home
<ul style="list-style-type: none"> The mix www.themix.org.uk Support for finances, mental health, housing, work and study and more	<ul style="list-style-type: none"> www.familylives.org.uk 0808 800 2222 Family support for a range of needs including work, bullying issues, and finances, mental health
<ul style="list-style-type: none"> Papyrus 0800 068 4141 www.papyrus-uk.org Advice and support to prevent suicide	<ul style="list-style-type: none"> The Money Advice Service 0800 138 7777 www.moneyadviceservice.org.uk
<ul style="list-style-type: none"> Bullying UK 0808 800 2222 www.bullying.co.uk Advice and support around bullying issues	
<ul style="list-style-type: none"> Talk to Frank 0300 123 6600 Advice and support for drugs and drug use	