

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
Anna Freud	Supporting children's mental health during periods of disruption	Anxiety Mental Health	www.annafreud.org
Lifeline	Crisis response line for people in distress	Depression Mental health Textphone users (for deaf and hard of hearing):	0808 800 8000 18001 0808 808 8000
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support	Safeguarding Child abuse Child protection	0808 800 5000 www.there4me.com
The HideOut	Web space to help children and young people understand domestic abuse and how to take positive action of it's happening to you	Domestic Violence	www.thehideout.org.uk
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk