

Harlington Upper School

**LOCAL & NATIONAL  
HELP  
FOR YOUNG PEOPLE  
& PARENTS**

December '09

**Advice:**     **CONNEXIONS** – information about options, jobs, careers plus information on personal issues. Arrange an appointment in school via Mrs Bricknell (student support)

**Tel:**           01525 842178

**Website:**    [www.connx.org.uk](http://www.connx.org.uk)

**Alcohol:**    **ALATEEN** – for young people whose parent(s) have a drink problem

**Tel:**           020 7403 0888 10 am to 10 pm 7 days per week

**Email:**       [enquiries@al-anon.org.uk](mailto:enquiries@al-anon.org.uk)

**Website:**    [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Write:**       Al-Anon Family Groups UK + Eire  
61 Great Dover Street, London SE1 4YF

**ADDACTION** – family support especially parents for drug/ alcohol dependency.

**Website:**    [www.addaction.org.uk](http://www.addaction.org.uk)

**Tel:**           01234 352220 (Kierar Siddhu/Ian Greaves)

**Email:**       Bedford@addaction.org.uk

**ALCOHOL SERVICES FOR THE COMMUNITY** –

**Website:**    [www.alcohol-services.co.uk](http://www.alcohol-services.co.uk)

**Tel:**           01582 723434

**DRINK LINE** – free and confidential advice about sensible drinking (NHS)

**Tel:**           0800 917 8282

**PUKE**         support for young people aged 9 – 19 with alcohol or other drugs

**Tel:**           01234 344133

**THINK ABOUT DRINK** – information site about alcohol aimed at young people

**Website:**    [www.wrecked.co.uk](http://www.wrecked.co.uk)

**Anger/**       **@EASE** – information on all aspects of mental health, including depression, stress, self-harm, emotional problems, anger.

**Depression:**

**Tel:**           0208 974 6814 (10am to 3pm)

**Email:**       [advice@rethink.org](mailto:advice@rethink.org)

**Website:**    [www.rethink.org](http://www.rethink.org)

**Bullying:**    **ANTI-BULLYING HELPLINE (including cyber bullying)** – information and advice on anti-bullying

**Websites:**   [www.ChildLine.org.uk/Bullying](http://www.ChildLine.org.uk/Bullying)

[www.bullying.co.uk](http://www.bullying.co.uk); [www.kidscape.org.uk](http://www.kidscape.org.uk)

**TRUE VISION** – service for hate crimes/bullying for gay/lesbian young people

**Website:** [www.truevision@fsmail.net](http://www.truevision@fsmail.net)

**Tel:** 01234 350459

**Careers:** **CONNEXIONS** – See ‘Advice’

**Counselling: OPEN DOOR** – a place where young people will be accepted, be safe and have time to be heard. confidential counselling service for 13-25 year olds.

**Tel:** 01234 360388 (for appointments)

**Drop-ins:** 10 am to 12.30 pm Saturdays  
1A Lurke Street, Bedford, MK40 3TN

**Divorce: IT’S NOT YOUR FAULT** – information and support to young people whose parents are divorcing or separating. Deals with emotional, legal and practical worries. (Part of NCH)

**Website:** [www.itsnotyourfault.org](http://www.itsnotyourfault.org)

**Domestic Violence: BEDFORD WOMENS REFUGE** – (part of Christian Family Care) provides emergency accommodation for women and their children

**Tel:** 01234 353592

**BEDFORDSHIRE & LUTON WOMEN’S AID**

**Tel:** 01525 381141

**Drugs, alcohol & sexual health: DASH** – provide facts and information for young people, confidential advice & support

**Tel:** 01234 316064 Ext 68064

**Email:** [Christine.culleton@bedscc.gov.uk](mailto:Christine.culleton@bedscc.gov.uk)

**Write:** Chris Culleton, Youth Service DASH worker,  
21-23 Gadsby Street, Bedford MK40 3HP

**Website:** **Thesite.org** – coming off different drugs including alcohol and tobacco

**Drugs: NATIONAL DRUGS HELPLINE** – “If you can’t talk to your mates about drugs, talk to Frank” – free and confidential information and advice

**Website:** [www.taktofrank.com](http://www.taktofrank.com)

**Tel:** 0800 77660

**PLAN B** – Drug information, advice and counselling (local)

**Tel:** 01234 344911

**Dyslexia:** **THE BRITISH DYSLEXIA ASSOCIATION** – Free helpline for dyslexic people, their families and professionals

**Website:** [www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

**Eating Disorders:** **EDA** – a charity providing services for anyone affected by an eating disorder, including parents

**Tel:** 0845 6347650 4-6pm

**Email:** [talkback@edauk.com](mailto:talkback@edauk.com)

**Website:** [www.edauk.com](http://www.edauk.com)

**Write:** EDA, First Floor, Wensum House,  
103 Prince of Wales Rd., Norwich, NR1 1DW

**CARALINE** – eating disorders support (local)

**Tel:** 01582 457474

**Email:** [info@caraline.com](mailto:info@caraline.com)

**Website:** [www.caraline.com](http://www.caraline.com)

**BEAT** – Beating eating disorders

**Website:** [www.b-eat.co.uk](http://www.b-eat.co.uk)

**Health:** **EMBARRASSING PROBLEMS** – commercial site for all ages, giving detailed information on a wide range of embarrassing topics.

**Website:** [www.embarrassingproblems.com](http://www.embarrassingproblems.com)

**MIND, BODY & SOUL** – new NHS site for 14-16 year olds. Fun and interesting, covering all aspects of health, e.g.coping with stress/managing asthma.

**Website:** [www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)

**TEENAGE HEALTH FREAK** – funny, informative and full of answers to questions you can't ask.

**Websites:** [www.teenagehealthfreak.com](http://www.teenagehealthfreak.com)

[www.doctorann.org](http://www.doctorann.org)

**NHS DIRECT** – 24 hour health and information line which Also provides information about local and National health services and help groups

**Tel:** 0845 4647 (completely confidential)

**WELLCHILD** – getting sick children better

**Website:** [www.wellchild.org.uk](http://www.wellchild.org.uk)

**Homeless/housing:** 24 hour free helpline for housing/homeless  
**Tel:** 0808 800 4444  
**Website:** [www.shelter.org.uk](http://www.shelter.org.uk)

24 hour helpline for young people who have run away from home or care  
**Tel:** 0808 800 7070  
**Website:** [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

**SIGNPOSTS** – support and accommodation for young people (local)  
**Tel:** 01582 670676

**Legal Advice: THE NATIONAL ADVOCACY SERVICE** – offers legal advice and someone to speak up for you  
**Tel:** 0800 616101 (helpline) 3.39 to 9.30pm  
0151 649 8700 (phone) 9-5pm Mon-Fri  
**Email:** [help@nyas.net](mailto:help@nyas.net)  
**Website:** [www.nyas.net](http://www.nyas.net)  
**Write:** 99-105 Argyle Street, Birkenhead, Wirral, Merseyside, CH41 6AD

**Looked After Children: WHO CARES?** – confidential information and support for looked after young people.  
**Tel:** 0207 251 3117  
**Website:** [www.thewhocarestrust.org.uk](http://www.thewhocarestrust.org.uk)  
**Email:** [mailbox@thewhocarestrust.org.uk](mailto:mailbox@thewhocarestrust.org.uk)

**Mental Health: YOUNG MINDS** – supports mental health & emotional well-being of young people. Also offer in-depth expert advice to parents.  
**Tel:** 020 7336 8445  
**Email:** [enquiries@youngminds.org.uk](mailto:enquiries@youngminds.org.uk)  
**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)  
**Write:** Young Minds, 48-50 St John Street, London EC1M 4DG

**Obesity: TOAST** – The Obesity Awareness and Solutions Trust; offers confidential obesity helpline with advisers and group support.  
**Tel:** 0845 0450225 or 01279 866010  
**Email:** [enquiries@toast.uk.org](mailto:enquiries@toast.uk.org)  
**Website:** [www.toast.uk.org](http://www.toast.uk.org)

**Write:** The Latton Bush Centre, Southern Way,  
Harlow, Essex CM19 7BL

**Parents:** **PARENTLINE PLUS** – Charity offering support and information to anyone parenting a child. Runs free helpline and courses for parents.

**Tel:** 0800 800 2222 / 0207 284 5500

**Website:** [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**TEENAGE PARENT SUPPORT SERVICE – LIFE**

**Tel:** 01926 421587/0800 9154600

**Website:** [www.info@lifecharity.org.uk](http://www.info@lifecharity.org.uk)

**Text:** 07786 200 330

**Problems:** **GET CONNECTED** – free helpline to be put through to best organisations to help young people whatever the problem.

**Tel:** 0808 808 4994

**Website:** [www.getconnected.org.uk](http://www.getconnected.org.uk)

**Email:** [help@getconnected.org.uk](mailto:help@getconnected.org.uk)

**THE VIRUTAL CHILDREN'S CENTRE** – online advice for teenagers provided by NSPCC

**Website:** [www.there4me.com](http://www.there4me.com)

**Rape:** **RAPE CRISIS FEDERATION** – advice, counselling & support for women survivors of rape & sexual abuse.

**Tel:** 01582 733592

**Email:** [info@rapercrisis.co.uk](mailto:info@rapercrisis.co.uk)

**Website:** [www.rapecrisis.co.uk](http://www.rapecrisis.co.uk)

**SURVIVORS UK** – help for men who have been sexually abused or raped.

**Tel:** 0845 122 1201 7 – 10 pm Tuesdays/Thursdays

**Email:** [info@survivorsuk.org](mailto:info@survivorsuk.org)

**Website:** [www.survivorsuk.org](http://www.survivorsuk.org)

**Write:** Survivors UK Ltd. 2 Leathermarket Street, London SE1 3HN

**Self Harm:** **THE NATIONAL SELF-HARM NETWORK**

**Email:** [info@nshn.co.uk](mailto:info@nshn.co.uk)

**Website:** [www.nshn.co.uk](http://www.nshn.co.uk)

**Write:** The National Self Harm Network,  
PO Box 7264, Nottingham NG1 6WJ  
Parents information: 0800 08238

**HARMLESS** [info@harmless.org.uk](mailto:info@harmless.org.uk)

**YOUNG MINDS**

**Tel:** 0207 336 8445

**Website:** [www.youngminds.org.uk/selfharm](http://www.youngminds.org.uk/selfharm)

**Sex & Contraception:** **BROOK** – free, confidential advice on sex and  
contraception (special advice for teenagers  
under 16)

**Tel:** 01234 761090/01582 748580

**Website:** [www.brook.org.uk](http://www.brook.org.uk)

**SEXWISE** – information, advice & guidance for young  
people from 12 to 18 on sexuality/sexual health

**Tel:** 0800 282 930

**TERENCE HIGGINS TRUST** – sexual health & contraception

**Tel:** 01234 761080

**Website:** [www.tht.org.uk/bedfordshire](http://www.tht.org.uk/bedfordshire)

**THE LODGE** – free and confidential advice to young  
people – phone first, limited opening times.

**Tel:** 01582 511000

**Call at:** 4 George Street West, Luton LU1 2BJ

**THE GROVE PREGNANCY COUNSELLING CENTRE**

Offers caring and non-judgemental response to  
women and men facing a crisis in pregnancy

**Tel:** 01234 355408

**Email:** [thegrovepcc@tiscali.co.uk](mailto:thegrovepcc@tiscali.co.uk)

**Website:** [www.thegrovepcc.org.uk](http://www.thegrovepcc.org.uk)

**MARIE STOPES INTERNATIONAL**

**Tel:** 0845 300 8090

**Smoking:** **BREAK FREE or QUIT** – for young people wanting to  
stop smoking

**Tel:** 0800 002 200 (Freephone Quitline)

**Email:** [info@quit.org.uk](mailto:info@quit.org.uk)

**Website:** [www.quit.org.uk](http://www.quit.org.uk)

**Write:** Quit, Victory House, 170 Tottenham Court  
Road, London W1T 7NR

**BEDFORDSHIRE STOP SMOKING SERVICE**

**Tel:** 0800 013 0552

*Or see our own Harlington Upper School Pastoral Support  
Team*

**Solvent Abuse: SOLVE IT**

**Tel:** 01536 510010/07957 863413

**Email:** [vsasolveit@hotmail.com](mailto:vsasolveit@hotmail.com)

**Website:** [www.solveitonline.co.uk](http://www.solveitonline.co.uk)

**Travellers & Gypsies: Culture & Heritage**

**Website:** [www.midbeds.gov.uk](http://www.midbeds.gov.uk)

**Trouble or Danger: CHILDLINE** – National charity providing 24 hour  
help for children in trouble or danger.

**Tel:** 0800 1111

0800 884444 (for children living away from home)

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**NATIONAL CHILD PROTECTION HELPLINE**

**(NSPCC):** free confidential service for anyone concerned  
about children at risk

**Tel:** 0800 800 500

**Useful Information: THE SITE** – health advice, careers, housing,  
money, relationships, drugs & more

(provided by Youthnet UK, registered charity)

**Website:** [www.thesite.org.uk](http://www.thesite.org.uk)

**Victims of Crime: VICTIM SUPPORT** – confidential support,  
information & practical help.

**Tel:** 0845 30 30 900

**Email:** [supportline@victimsupport.org.uk](mailto:supportline@victimsupport.org.uk)

**Website:** [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Write:** PO Box 11431, London SW9 6ZH

**ADDITIONAL USEFUL INFORMATION/ADDITIONS/NUMBERS**