

## Telephone Support Lines for Young People

In addition to the help and support services listed in your homework diary, pupils are encouraged to seek advice and guidance from the appropriate service providers (some are suggested below, this is not an exhaustive nor prescriptive list).

**Deuteronomy 31:6 - Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."**

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
<b>Lifeline</b>	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	08088008000  18001 0808808800
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111  <a href="http://www.childline.org.uk">www.childline.org.uk</a>  1-2-1 counsellor chat
<b>The MIX</b>	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns  Web support for teenagers	Safeguarding Child abuse Child protection	08088005000  <a href="http://www.there4me.com">www.there4me.com</a>
<b>Aware</b>	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
<b>Frank</b>	Confidential advice on drugs	Alcohol  Drugs	03001236600

<b>SIMON Community</b>	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
<b>Domestic and Sexual Violence Helpline</b>	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
<b>The Migrant Centre NI</b>	Financial Health and Well being		07769903471
<b>Women's Aid</b>	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	08088021414
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>
<b>SOFT – Supporting our Families Together</b>	Cookstown based family support	Support for vulnerable, isolated and prevention of social isolation at this time. Available for family support via mobile phone- Mon -Fri 8.30 - 4pm	07717411465 <a href="mailto:tara@softprojectcooktown.org">tara@softprojectcooktown.org</a>