

Other Help

*This page is the printer-friendly version of the **contact details** for organisations listed under 'Other Help' on our website.*

Samaritans - If you feel distressed, worried or suicidal and need to talk, you can talk to someone in confidence any time of the day or night

Stratford-upon-Avon Local: 01789 29 88 66 / National number: 08457 90 90 90

Childline - Young people can call about any issue.

www.childline.org.uk / 0800 1111 - Calls are free and confidential.

Self Harm Network - Support individuals who self harm to reduce emotional distress, seek support & improve quality of life. Also support and provide information for family and carers.

www.nshn.co.uk

Get Connected - Free, confidential helpline for young people who don't know where to find help.

www.getconnected.org.uk / 080 8808 4994

DrinkAware - Find out about alcohol, its effects, hangovers, whether you are drinking too much.

www.drinkaware.co.uk

Young Minds - offer information to young people about mental health and emotional wellbeing

www.youngminds.org.uk / Free Parent helpline- 0808 802 5544

Prince's Trust - Practical and financial support to young people who need it most.

www.princes-trust.org.uk

Respect Yourself - Free information, advice and signposting on issues of sexual health, contraception, pregnancy and that it's okay to say "no" to sex

www.respectyourself.info

Bullying UK - Free advice and tips about dealing with bullying – whether cyber, physical, or other

www.bullying.co.uk / 0808 800 2222

Echoes (part of Shakespeare Hospice) - provides therapeutic support for children and young people affected by bereavement - at home, the Hospice or at school/college

01789 266852

Stratford Parenting Project - working with families of children age 5-19, in the Stratford Town Trust postcode, who need additional support because of family breakdown, recovering from domestic violence or helping manage children's behaviour more effectively.

01789 264741