

## Section 8 Local & National Advice & Helplines

<b>SCHOOL/ AEP/ ORGANISATION SAFEGUARDING LEAD</b>	Please update with local numbers here
<b>School nurse (usually contactable through school or college)</b>	
<b>Education Mental Health Team (schools only)</b>	Contact YPAS clinical admin 0151 707 1025, or you can contact your MHST Lead/EMHP (primary schools)/ Wellbeing clinic practitioner (secondary schools) directly
<b>CAMHS Single Point of Access/24/7 Crisis Line</b>	Freephone 08081 963 550 or 0151 293 3577
<b>Mersey Care 24/7 Crisis Line</b>	Freephone 0800 145 6570
<b>Young Persons Advisory Service YPAS</b>	0151 707 1025
<b>Gay Youth Project GYRO</b>	0151 707 1025
<b>Careline Children's Services</b>	0151 233 3700
<b>Merseyside Police</b>	Non-urgent 101 Emergency 999
<b>Health</b>	Non-urgent 111 Emergency 999
<b>Liverpool Safeguarding Children Partnership (LSCP)</b> <a href="https://liverpoolscp.org.uk/scp">https://liverpoolscp.org.uk/scp</a>	Local procedures, including: Responding to Need Guidance and Multi-Agency referral Form MARF
<b>Own agency useful contacts:</b>	

[www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques/](http://www.childline.org.uk/info-advice/your-feelings/self-harm/self-harm-coping-techniques/)

[www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/)

Lesson plans - [www.seemescotland.org/young-people/resources/partner-resources/](http://www.seemescotland.org/young-people/resources/partner-resources/)

Alumina – [www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.kapowprimary.com/subjects/wellbeing/teacher-skills/self-harm-coping-strategies/](http://www.kapowprimary.com/subjects/wellbeing/teacher-skills/self-harm-coping-strategies/)

Harmless [www.harmless.nhs.uk/](http://www.harmless.nhs.uk/)

Calm app - [www.calm.com/](http://www.calm.com/)



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### National advice and helplines

<p><b>Beat – Beating Eating Disorders</b></p> <p>Helpline 0345 3641414</p>	<p>Beat provides helplines, online support, and a network of UK-wide self-help groups to help adults and young people affected by eating disorders, difficulties with food, weight, or shape.</p> <p><a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a></p> <p>Youthline 0345 634 7650 (Mon to Fri 4.30pm to 8.30pm and Sat 1pm - 4.30pm)</p>
<p><b>Childline</b></p> <p>Freephone 0800 1111</p>	<p>The UK's free NSPCC 24hrs helpline, online chat and message boards for children and young people under 18.</p> <p><a href="http://www.childline.org.uk">www.childline.org.uk</a></p>
<p><b>Children's Legal Centre (CORAM)</b></p> <p>Child Law Advice Service 0300 3305485</p>	<p>A charity that promotes children's rights and gives legal information, advice and representation to children and young people</p> <p><a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a></p>
<p><b>FamilyLives</b></p> <p>Helpline service 0808 800 2222</p>	<p>Provides information, guidance, advice and support in all aspects of family life, including bullying.</p> <p><a href="http://www.familylives.org.uk">www.familylives.org.uk</a></p>
<p><b>Talk to FRANK</b></p> <p>Helpline 0300 123 66 00 (24 hours)</p>	<p>Friendly confidential drug advice.</p> <p><a href="http://www.talktofrank.com">www.talktofrank.com</a></p>
<p><b>Get Connected</b></p> <p>Freephone 0808 808 4994</p>	<p>Free, confidential telephone helpline service for young people who need help but don't know where to turn</p> <p><a href="http://www.getconnected.org.uk">www.getconnected.org.uk</a></p>
<p><b>Harmless</b></p>	<p>Support providing a range of services about self-harm, including support, information, training and consultancy to people who self-harm</p> <p><a href="http://www.harmless.org.uk/">www.harmless.org.uk/</a></p>
<p><b>Hearing Voices Network</b></p> <p>0114 271 8210</p>	<p>Information and support for people who hear voices, see visions or have other unusual perceptions</p> <p><a href="http://www.hearing-voices.org">www.hearing-voices.org</a></p>
<p><b>Karma Nirvana</b></p> <p>Helpline 0800 5999247</p>	<p>Supporting victims of honour crimes and forced marriages</p> <p><a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a></p>
<p><b>LifeSIGNS</b></p>	<p>Self-injury guidance and Network Support</p> <p><a href="http://www.lifesigns.org.uk">www.lifesigns.org.uk</a></p>
<p><b>MIND</b></p> <p>MIND Infoline 0300 123 3393</p>	<p>Advice, information and support for anyone experiencing a mental health problem</p> <p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p>



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<b>National Self-Harm Network</b>	Online support forum for people who self-harm provides free information pack to service users <a href="http://www.nshn.co.uk">www.nshn.co.uk</a>
<b>NSPCC</b>  professional's helpline 0808 800 5000	Information, advice and support services about preventing child abuse. <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>PAPYRUS Prevention of Young Suicide</b> HOPEline UK 0800 068 41 41	Provides a range of services, including information, advice and support to help reduce young suicide <a href="http://www.hopelineuk.org.uk">www.hopelineuk.org.uk</a>
<b>RU-OK</b>	Helping young people helping themselves - coping with common, and sometimes serious problems, as well as using your strengths <a href="http://www.ruok.org.uk">www.ruok.org.uk</a>
<b>Samaritans</b>  Free helpline 116 123	Confidential emotional support for anybody in crisis. Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>The Butterfly Project</b>	An anonymously run blog supporting young people with coping techniques which include drawing butterflies around cut marks. <a href="http://www.butterfly-project.tumblr.com">www.butterfly-project.tumblr.com</a>
<b>The Site</b>	An online 24/7 guide to life for 16 to 25 year-olds. It provides non-judgmental support and information on everything from sex and exam stress to debt and drugs. Online advice, forums apps and tools <a href="http://www.thesite.org">www.thesite.org</a>
<b>Young Minds</b>  Parent helpline 0808 8025544	Range of information, advice, support services for young people, parents and professionals to improve the emotional well-being and mental health of children and young people. For young people <a href="http://www.youngminds.org.uk/for_children_young_people">http://www.youngminds.org.uk/for_children_young_people</a>
<b>Youth Access</b>	A national membership organisation for youth information, advice and counselling agencies. Provides information on youth agencies to children aged 11-25 and their carers but does not provide direct advice. <a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a> to search their directory of services for help.

