













ABUSE		
	<a href="http://www.ceop.police.uk">www.ceop.police.uk</a>	<p>Are you worried about online sexual abuse or the way someone has been communicating with you online? <a href="#">Make a report</a> to one of CEOP's Child Protection Advisors</p>
	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>  <b>0808 8005000</b>	<p>Help and support if you or some one you know is being abused.          Child abuse is when a child is intentionally harmed by an adult or another child – it can be over a period of time but can also be a one-off action. It can be physical, sexual or emotional and it can happen in person or online. It can also be a lack of love, care and attention – this is neglect.</p>
	<a href="http://www.careplace.org.uk">www.careplace.org.uk</a>  <b>0808 8088141</b>	<p>A unique, confidential and free helpline, which provides information, advice and support to victims and others who are concerned about or have witnessed abuse, neglect of financial exploitation.</p>




 <p>For women and children. Against domestic violence.</p>	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>	<p>We are a team of highly-trained, female advisers. We won't judge you or tell you what to do; we are here to listen.</p> <p>We will empower you to understand your options and support you to make any decisions about the future.</p>
	<a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a>  <b>0808 801 0327</b>	<p>A friendly Men's Advice Line - Advisors will believe you, offer you non-judgmental emotional support, practical advice and information.</p>
<p><b>ANXIETY</b></p>		
	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>  <b>03444 775 774</b>	<p>Anxiety UK work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy. They work regularly with external agencies and healthcare professionals to improve services for those living with anxiety and anxiety-based depression and also campaign to raise awareness of the conditions.</p>





<b>BEREAVMENT</b>		
 <b>Cruse Bereavement Care</b> <i>Norwich &amp; Central Norfolk</i>	<a href="http://www.cruise.org.uk">www.cruise.org.uk</a>  <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a>  <b>0808 8081677</b>	<p>Cruse offers support to Children, young people and adults when someone dies through telephone, E Mail or face to face support.</p>
 <b>WINSTON'S WISH</b> Giving hope to grieving children	<a href="http://www.winstonswish.org">www.winstonswish.org</a>	<p>Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.</p>
<b>DEPRESSION</b>		
	<a href="http://www.bipolaruk.org">www.bipolaruk.org</a>	<p>Their mission is to empower everyone affected by Bipolar Disorder to fulfil their potential and live their best life.</p>
	<a href="http://www.cwmt.org.uk">www.cwmt.org.uk</a>  01635869754	<p>Awareness and information for those who think they may be depressed or are depressed.</p>
	<a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a>	<p>SAD offers information and resources as well as tips and advice from students who have experienced depression.</p>

	<a href="https://mentalhealthrecovery.com">https://mentalhealthrecovery.com</a>	<p>The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals.</p>
	<p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p>03001233393</p> <p>Text 86463</p>	<p>Mind can offer a large amount of resources and materials on all aspects of depression and manic depression.</p>
<p><b>EATING DISORDERS</b></p>		
	<p><a href="http://www.healthtalk.org">www.healthtalk.org</a></p>	<p>Videos of young people sharing their experiences of depression and eating disorders.</p>
	<p><a href="http://www.anorexiabulimiare.org.uk">www.anorexiabulimiare.org.uk</a></p> <p>03000 11 12 13</p>	<p>ABC provide on-going care, emotional support and practical guidance for anyone affected by eating disorders, those struggling personally and parents, families and friends. ABC works tirelessly to increase awareness and understanding of eating disorders through talks, training and campaigns for change.</p>

<b>MENTAL HEALTH</b>	<b>Generic mental health help</b>	
	<a href="http://www.kooth.com">www.kooth.com</a>	<p>Free safe and anonymous online support for young people with mental health needs. Online therapy can be accessed.</p>
	<a href="http://www.rethink.org">www.rethink.org</a>	<p>Their mission is to deliver a better life for people severely affected by mental illness. Their network of groups, services and advice lines are on hand to get you the support you need. Use your postcode to search your area to see what support is available.</p>
	<a href="https://stem4.org.uk">https://stem4.org.uk</a>	<p>stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention.</p>
	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	<p>Young minds work involves working with C&amp;YP to improve their Mental Health. Support can also be given to parents.</p>




	<p><a href="https://www.themix.org.uk">https://www.themix.org.uk</a></p> <p>08088084994</p>	<p>Support service for young people facing any mental health challenge. The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.</p>
	<p><a href="http://www.myh.org.uk">www.myh.org.uk</a></p>	<p>The Muslim Youth Helpline (MYH) is an award winning registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.</p>
 <p>Heads Together</p>	<p><a href="http://www.headstogether.org.uk">www.headstogether.org.uk</a></p>	<p>Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.</p>
	<p><a href="http://www.childline.org">www.childline.org</a></p> <p>0800 1111</p>	<p>Childline can offer a counselling service for parents, children and young people.</p>
	<p><a href="http://www.studentminds.org.uk">www.studentminds.org.uk</a></p>	<p>They empower students and members of the university community to look after their own mental health, support others and create change. Their aim is to transform the state of student mental health so that all in higher education can thrive.</p>





OCD SUPPORT		
	<a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a> 0845 3906232	Obsessive Compulsive Disorder support and related disorders including Body Dysmorphic Disorder, Skin Picking, Tricotillomania and compulsive hair pulling.
	<a href="http://www.ocduk.org">www.ocduk.org</a>	Provides information and support, including friendly guides for children, teens and parents.
SELF HARM		
	<a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> Text - 07537 432444	"Self-injury support is a fantastic and unique resource. They always listen, even if you aren't able to talk about self-injury."
	<a href="http://www.nshn.co.uk">www.nshn.co.uk</a>	Support individuals who self-harm to reduce emotional distress and improve their quality of life. Support and provide information for family and carers of individuals who self-harm. Raise awareness of the needs of people who self-harm, dispel myths and combat discrimination.

<p><b>SUBSTANCE MISUSE</b></p>		
	<p><a href="http://www.drugwise.org.uk">www.drugwise.org.uk</a></p>	<p>Providing evidence-based information on drugs alcohol and tobacco.</p>
	<p><a href="http://www.talktofrank.com">www.talktofrank.com</a></p>	<p>Honest and useful advice for parents and guardians. Support and information for young people.</p>
	<p><a href="http://www.nhs.uk/smokefree">www.nhs.uk/smokefree</a></p>	<p>Join the millions of people who have used Smoke free support to help them stop smoking. From email and text, to our free app and lots of other support, you can choose what's right for you.</p>
<p><b>SUICIDE</b></p>		
	<p><a href="http://www.giveusashout.org">www.giveusashout.org</a></p> <p><b>Text Shout to 85258</b></p>	<p>Shout can help with urgent issues such as: Suicidal thoughts Abuse or assault, Self-harm, Bullying and Relationship challenges.</p>



	<a href="http://www.papryus_uk.org">www.papryus_uk.org</a>  0800 0684141	<p>Prevention of young suicide advice and information for people who support a person who has had or is having suicidal thoughts.</p>
	<a href="http://www.samaritains.org">www.samaritains.org</a>  Tel: 116 123	<p>Available 24 Hours for those in crisis, feeling despair and hopelessness and for those with suicidal thoughts or ideation.</p>
	<a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a>	<p>Your call will be answered by one of our volunteers, the majority of whom have been bereaved by suicide themselves. They will listen to you and answer any questions you may have.</p>
	<a href="http://www.stampoutsuicide.ork.uk">www.stampoutsuicide.ork.uk</a>	<p>Promotes suicide awareness. Offers a point of contact for those who have been affected by suicide or are experiencing suicidal thoughts.</p>
	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>  0800 585858	<p>Dedicated to preventing suicide among men, the single biggest killer of men under 45 in the UK.</p>

<h2>Training for Adults</h2>		
	<a href="https://myhappymind.org/">https://myhappymind.org/</a>	<p>We help Primary Schools, Nurseries, and families to create a positive mental wellbeing culture in which children build resilience, self-esteem, and character. Our programs leverage the latest research, science, and technology to help children develop lifelong habits and learn to thrive.</p>
	<a href="http://www.annafreud.org">www.annafreud.org</a> 02077942313	<p>Provides specialist help, training &amp; research. By working in collaboration with communities and professionals, they believe that together they can scale up our support for millions of infants, children and young people and their families.</p>
	<a href="https://mindup.org/">https://mindup.org/</a>	<p>Based firmly in neuroscience, MindUP teaches the skills and knowledge children need to regulate their stress and emotion, form positive relationships, and act with kindness and compassion.</p>

 <p>EARLY INTERVENTION FOUNDATION</p>	<a href="http://www.eif.org.uk">www.eif.org.uk</a>	<p>We champion and support the use of effective early intervention to improve the lives of children and young people at risk of experiencing poor outcomes.</p>
 <p><b>MindEd</b> e-learning to support young healthy minds</p>	<a href="http://www.minded.org.uk">www.minded.org.uk</a>	<p>This is for you if you volunteer, work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.</p>
<p><b>OTHER</b></p>		
 <p><b>Switchboard</b> LGBT+ helpline</p>	<a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>	<p>The LGBT switchboard and helpline is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.</p>
 <p><b>British RedCross</b></p>	<a href="http://www.redcross.org.uk">www.redcross.org.uk</a>	<p>The British Red Cross support people in crisis and help people cope with conflicts and disasters</p>

	<a href="http://www.sja.org.uk">www.sja.org.uk</a>	<p>Helping to keep people well and save lives. Offers first aid and life-saving training courses.</p>
	<a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>	<p>We work to secure the best outcomes for people with mental illness, learning difficulties and developmental disorders by promoting excellent mental health services, training outstanding psychiatrists, promoting quality and research, setting standards and being the voice of psychiatry.</p>
 <p>Department of Health</p>	<a href="https://www.gov.uk/government/organisations/department-of-health-and-social-care">https://www.gov.uk/government/organisations/department-of-health-and-social-care</a>	<p>The D of H support and advise our ministers: they help them shape and deliver policy that delivers the government's objectives.</p> <p>There is lots of information about health and social care on the site.</p>