

SUPPORT ORGANISATIONS

The following are selected organisations that can be accessed at your convenience. Search the list in alphabetical order. Contact us if you experience any difficulty getting support from the listed organisations and if required further information about an organisation not listed here.

[Click here to download the list of open in a new page](#)

- **ABUSE** :- including FGM, FORCED MARRIAGE and TRAFFICKING

National Association for People Abused in Childhood – NAPAC <http://www.napac.org.uk/>
Providing confidential help and support with recovery, no matter when the abuse took place.
Helpline: 0808 801 0331 (lines open Monday – Thursday 10am - 9pm, Friday to 6pm)

ChildLine <http://www.childline.org.uk> ChildLine offer support to young people who may have been approached or abused; a confidential service for anyone up to the age of 18. Helpline: 0800 11 11 (lines open 24 hours)

NSPCC <http://www.nspcc.org.uk/> NSPCC provide confidential advice to anyone worried about the safety or welfare of a child. Services are available in several languages, as well as for deaf and hard of hearing people. Helpline: 0808 800 5000 (lines open 24 hours) Email: help@nspcc.org.uk Text: 88858

What is Grooming? <http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/grooming/what-is-grooming/> NSPCC information on grooming and how it happens.

PANTS campaign <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> PANTS is a campaign from the NSPCC that helps parents communicate with their children about protection from abuse. Downloadable guides are available.

This is Abuse <http://thisisabuse.direct.gov.uk/> For young people who need help and advice and are worried about abuse.

Brook <http://www.brook.org.uk/your-life/category/abuse-and-violence> Support information for young people about suffering abuse and unacceptable behaviour.

The Churches Child Protection Advisory Service – CCPAS <http://www.ccpas.co.uk> A Christian organisation aiming to safeguard children and vulnerable adults affected by abuse. Helpline: 0845 120 4550 (lines open 24 hours)

IWF – Internet Watch Foundation <https://www.iwf.org.uk/> Anyone who has uncovered child

sexual abuse images or videos on the internet can report them anonymously and confidentially to IWF.

Stop It Now! <http://www.stopitnow.org.uk> Providing advice to anyone who has abused, or thought about abusing a child; encouraging abusers to recognise their behaviour problems and seek help to change, also supporting the family and friends of abusers. Helpline: 0808 1000 900 (open Mon - Thur 9am - 9pm, Fri 9am - 5pm) Email: help@stopitnow.org.uk

Circles UK <http://www.circles-uk.org.uk/> Circles work with local volunteers to minimise alienation and support reintegration for sex offenders, aiming to prevent sexual reoffending.

Fabricated or Induced Illness <http://www.nhs.uk/conditions/Fabricated-or-induced-illness/Pages/Introduction.aspx> Fabricated or Induced illness also known as Munchausen syndrome by proxy, see the NHS website for further information.

- **FGM**

NSPCC – FGM <http://www.nspcc.org.uk/> Offering support advice for anyone concerned about female genital mutilation (FGM); the NSPCC provide an anonymous helpline. Telephone: 0800 028 3550 (open 24 hours) Email: fgmhelp@nspcc.org.uk

NHS – FGM <http://www.nhs.uk/Conditions/female-genital-mutilation/Pages/Introduction.aspx>
NHS Information on FGM.

Forward <http://www.forwarduk.org.uk> Offering advice and support to anyone affected by FGM (Female Genital Mutilation), including anyone who fears they or another are at risk.

Daughters of Eve <http://www.dofeve.org/> Working to protect girls and young women at risk of FGM.

End FGM <http://www.endfgm.eu/en/> An Amnesty International project run with European organisations to place FGM high on the EU Agenda.

Equality Now <http://www.equalitynow.org/fgm> Information on Equality Now campaigns to stop the practice of FGM.

- **Forced Marriage**

Karma Nirvana <http://www.karmanirvana.org.uk/> Support for victims of honour crime and forced marriage. Helpline: 0800 5999 247 (open Mon – Fri 9.30am- 5pm)

Forced Marriage Unit <https://www.gov.uk/stop-forced-marriage> Support information for forced marriage. Helpline: 020 7008 0151 (open M - Friday 9am – 5pm) Email: fmufco.gov.uk

Equality Advisory & Support Service –EASS <http://www.equalityadvisoryservice.com> Offering assistance and advice on equality and human rights, across England, Scotland and Wales. Helpline : 0808 800 0082 (open M - F 9am - 8pm, Sat 10am - 2pm) Text: 0808 800 0084

Iranian and Kurdish Women's Rights Organisation (IKWRO) <http://ikwro.org.uk/> Advice and support to Middle Eastern and Afghan women and girls living in the UK who are facing Forced Marriage, Child Marriage, “Honour” Based Violence, Female Genital Mutilation and Domestic Violence. Advice in Farsi, Dari, Kurdish, Arabic, Turkish, Pashto and English and a free counseling service in Farsi, Kurdish, Arabic and English.

Southall Black Sisters <http://www.southallblacksisters.org.uk/> Advice and support services for minority ethnic women on gender-related issues, such as forced marriage, honour killings and the criminal justice, immigration and asylum systems.

Freedom Charity <http://www.freedomcharity.org.uk/> Support information for children and young people at risk of violent crime, dishonour-based violence and forced marriages. Helpline: 0845 607 0133 (opens 24 hours) Text: 4freedom to 88802

The Henna Foundation <http://www.hennafoundation.org/home.html> Support for Muslim women and their families.

Dwell <http://dwelldomesticviolence.com/> Preventing domestic violence against women.

MixTogether.org <http://www.mixtogether.org/> Online support for couples of mixed race, religion or caste, whose relationships are opposed by family or community.

- **Exploitation & Trafficking**

Salvation Army – Modern Slavery <http://www.salvationarmy.org.uk/human-trafficking>. Providing support services for adult victims of trafficking and modern slavery. Referral Line (England and Wales only): 0300 303 8151 (open 24 hours)

Crime Stoppers <http://www.crimestoppers-uk.org> You can report a crime to Crime Stoppers anonymously and calls are not traced. 24 hours Helpline: 0800 555 111

Women and Girl's Network <http://www.wgn.org.uk/> Counselling and support for domestic or sexual violence, FGM and trafficking. Advice Line: 0808 801 0660 (open M – F 10am – 12pm, Mon & Fri 2.30pm – 4.30pm, Tue - Thur 6.30pm – 9pm, Sat 10am – 1pm) Email: advice@wgn.org.uk

Unseen UK <http://www.unseenuk.org/> Raising awareness of trafficking and modern slavery as

well as supporting survivors. Email: info@unseenuk.org

The Helen Bamber Foundation <http://www.helenbamber.org/> Working with survivors of torture, wars, genocides, sex trafficking, slavery and extreme domestic violence; plus gender and sexuality-based persecution.

Poppy Project http://www.eaves4women.co.uk/POPPY_Project/POPPY_Project.php Poppy Project helps women to exit prostitution and situations into which they have been trafficked.

CEOP (Child Exploitation and Online Protection) <http://www.ceop.police.uk/> Child Exploitation and Online Protection work towards eradicating the sexual abuse of children; part of UK policing helping to track and find offenders.

Get Safe Online <http://www.getsafeonline.org/social-networking/social-networking-sites/> Advice on protecting your privacy on social networking sites.

CEOP - Think You Know <http://www.thinkuknow.co.uk/> Information about how to identify which websites, mobiles and new technology is OK, and how to report problems.

Revenge Porn Helpline <http://www.revengepornhelpline.org.uk> Support for anyone affected by sexually explicit material posted online without consent. Email: help@revengepornhelpline.org.uk
Helpline: 0845 6000 459 (open Mon - Fri 10am-4pm)

Barnardo's http://www.barnardos.org.uk/what_we_do/our_projects/sexual_exploitation.htm
Barnardo's support young people affected by sexual exploitation.

End Child Prostitution and Trafficking - ECPAT UK <http://www.ecpat.org.uk/index.html>
Campaigning to end child sex tourism and trafficking.

- **Adoption**

First4adoption <http://www.first4adoption.org.uk/> An information service for adopting in England.

Info line: 0300 222 0022 (lines open M - F 10am - 6pm) Email: helpdesk@first4adoption.org.uk

Adoption in UK <https://www.gov.uk/child-adoption/overview> UK Government Information on adoption.

CVAA <http://www.cvaa.org.uk/> The Consortium of Voluntary Adoption Agencies, provide information about adoption and specialist adoption services to children and families.

Adoption UK <http://www.adoptionuk.org/> Organised by and for adoptive parents, offering

support at all stages of the adoption process. Helpline: 0844 848 7900 (open Mon – Fri 10am – 3pm, Tue 4pm)

Adoption Register – England <http://www.adoptionregister.org.uk/> Register of children who are waiting for adoption, and approved adopters waiting to be matched.

St David’s Children’s Society <http://www.adoptionwales.org/> Provides locally based adoption services across all of Wales and Herefordshire

New Family Social <https://www.newfamilysocial.org.uk/> A network for LGBT (lesbian, gay, bisexual and transgender) adoptive and foster families. Offering support when considering adoption or fostering, both throughout the process and once you have adopted or fostered.

- **Adopted**

Adoption Records <https://www.gov.uk/adoption-records/the-adoption-contact-register>. Adoption Contact Register is for anyone adopted or for relatives of anyone adopted who have an interest in finding their family.

After Adoption <http://www.afteradoption.org.uk> Providing information and support to anyone connected to an adoption. Helpline: 0800 056 8578 (open Mon - Thurs 9am - 5pm, Fri - 9am - 4pm) Email: information@afteradoption.org.uk

Adoption Search Reunion <http://www.adoptionsearchreunion.org.uk> A BAAF search service for adopted people, birth relatives and adoptive relatives.

Birthlink – Scotland <http://www.birthlink.org.uk> A range of services for anyone in Scotland separated by adoption.

The Site Providing advice for adopted young people.

<http://www.thesite.org/sexandrelationships/familyandfriends/family/findingoutyoureadopted>

- **Fostering**

Fosterline <http://www.fosterline.info/> Impartial advice and information for those considering fostering and for foster carers. Helpline: 0800 040 7675 (open Mon – Fri 9am – 5pm) E: enquiries@fosterline.info

The Fostering Network <https://www.fostering.net/advice-information> Information about becoming a foster parent.

Barnardo's <http://www.barnardos.org.uk/fosteringandadoption.htm> Working with local authorities to provide a broad range of fostering and adoption services, including placements for children with extra needs.

TACT <http://tactcare.org.uk/> Providing foster families for children and young people in the care of local authorities. Enquiries: 0808 115 0534 (open Mon – Fri 9am – 5pm)

Care Visions <http://www.carevisions.co.uk/> Independent care agency working to help both those looking to foster a child and the children themselves to find a placement.

- **Alcohol Issues**

Alcohol Concern <http://www.alcoholconcern.org.uk/home> Information and help for anyone with concerns about alcohol consumption.

National Drink Helpline Drinkline: 0300 123 1110 (open Mon –Fri 9am–8pm, W/E 11am-4pm)

Drinkaware <http://www.drinkaware.co.uk> Drinkaware provide information about alcohol and drinking, including practical tips to suit all occasions.

Don't Bottle It Up <https://dontbottleitup.org.uk/> A test for looking at your drinking, as well as access to online advice and details for face-to-face support locally.

Alcoholics Anonymous <http://www.alcoholics-anonymous.org.uk> A free self-help group for alcoholics; contact AA for information about the 12-step recovery programme or go online for details of meetings. Helpline: 0800 9177 650 Email: help@alcoholics-anonymous.org.uk

Al-Anon /Alateen <http://www.al-anonuk.org.uk> Al-Anon offer support information for anyone concerned about the drinking of a family member, and teenage relatives of alcoholics can find support through Alateen. Helpline: 020 7403 0888 (lines open 10am – 10pm) Email: enquiries@al-anonuk.org.uk

Family Lives <http://www.familylives.org.uk/advice/teenagers/drugs-alcohol/underage-drinking/> Advice for parents concerned about teen drinking.

FASD Trust <http://www.fasdtrust.co.uk/> Support and information for anyone affected by FASD, Foetal Alcohol Spectrum Disorders, an umbrella term for several diagnoses all related to a baby being exposed to alcohol while still in the womb.

NHS Choices <http://www.nhs.uk/conditions/Alcohol-misuse/Pages/Introduction.aspx> Information on alcohol misuse, the health risks and possible treatment.

Down Your Drink <http://www.downyourdrink.org.uk> Online test to check drinking levels.

National Association for Children of Alcoholics - NACOA <http://www.nacoa.org.uk> NACOA offer support to children of alcohol dependent parents. Helpline: 0800 358 3456 (open Mon & Fri 10am - 7pm, Tue, Wed & Thur 10am – 9pm, Sat 10am – 3pm) Email: helpline@nacoa.org.uk.

Growing Kids <http://www.growingkids.co.uk/UnderageDrinking.html> Information for parents about the dangers of underage drinking.

- **Bullying, Harassment & Internet Safety**

ChildLine <http://www.childline.org.uk> ChildLine provide support and counselling for anyone up to the age of 18. ChildLine can discuss anything of concern. Helpline: 0800 11 11 (open 24 hours)

The Cybersmile Foundation <http://www.cybersmile.org/> Support for anyone affected by online bullying. Email: help@cybersmile.org

Bullying UK <http://www.bullying.co.uk/advice/anti-bullying-advice> Bullying UK offer information on all types of bullying including workplace, school and via text messages. Parent Helpline: 0808 800 222 (open: Mon – Fri 9am -9pm, W/E 10am -3pm)

Nuisance Calls- Which? <http://whi.ch/1NJzVQK> Which? Information on how to stop nuisance calls and texts. Plus a tool for reporting the calls and texts to the correct authority.

ICO – Information Commissioners Office <https://ico.org.uk/> Information on nuisance calls and how to stop them. Information on data protection and how your personal information is handled.

Revenge Porn Helpline <http://www.revengepornhelpline.org.uk> Support for anyone affected by sexually explicit material posted online without consent. Helpline: 0845 6000 459 (open Mon - Fri 10am-4pm) Email: help@revengepornhelpline.org.uk

Am I Normal <https://www.channel4.com/aminormal> A Channel 4 website - every Channel 4 show bends the idea of normal – through the characters, their opinions and the situations they get into. But at the end of the day... There is no normal.

Kidscape <http://www.kidscape.org.uk> Offering advice to parents, carers and professionals about anti-bullying and child safety advice. Further information is available to download online.

UK Safer Internet Centre <http://www.saferinternet.org.uk/> E-safety tips, advice and resources to help children and young people stay safe on the internet. Helpline: For those working with young

people 0844 381 4772 (open Mon – Fri 10am – 4pm) <http://www.saferinternet.org.uk/advice-and-resources/young-people> Information for young people from 3 to 19 about internet safety.

Adult Bullying <http://www.mentalhealthsupport.co.uk/AdultBullying.html> Providing information and advice on how to handle adult bullying.

Gov.UK – Workplace bullying <https://www.gov.uk/workplace-bullying-and-harassment> Offering information on harassment and bullying in the workplace.

Teacher Support <http://www.teachersupport.info/> Counselling, information and support for all teachers. Supportline: UK - 08000 562 561, Wales – 08000 855 088 (open 24 hours)
Email: support@teachersupport.info

Homophobic Bullying http://www.stonewall.org.uk/at_school/education_for_all/ Stonewall campaign to tackle homophobic bullying in schools and colleges. Information Line: 0800 050 20 20 (open Mon - Fri, 9.30am - 5.30pm) Email: info@stonewall.org.uk

True Vision <http://www.report-it.org.uk/home> Information on hate crime and how to report it.

EACH (Educational Action Challenging Homophobia) <http://www.eachaction.org.uk/> Support for adults and young people affected by homophobic or transphobic bullying. Action Line: For young people – 0808 1000 143 (open Mon - Fri 9.30am-4pm)

Anti-Bullying Ambassadors Programme An initiative of [The Diana Award](#) The Anti-Bullying Ambassadors Programme assists and supports young people through anti-bullying activities.
<http://www.antibullyingpro.com/support-home>

IWF – Internet Watch Foundation <https://www.iwf.org.uk/> Anyone who has uncovered child sexual abuse images or videos on the internet can report them anonymously and confidentially to IWF.

Think U Know <http://www.thinkuknow.co.uk> Online information about staying safe online, includes advice for both children and adults, or visit the Facebook page
<http://www.facebook.com/clickceop>

Talk Safe <http://www.talksafe.org.uk/> Talk Safe provide advice to young people aged 10 – 21

Get Safe Online <https://www.getsafeonline.org/> Offer advice to adults, children and parents about protecting computers, phones and tablets. As well as privacy protection on social networking sites.

KidSMART <http://www.kidsmart.org.uk/> KidsSMART provide online information to children and young people about smart surfing and keeping a private identity.

Supportline http://www.supportline.org.uk/problems/bullying_at_school.php Supportline provides telephone support for any problems including bullying and cyber-bullying. Helpline: 01708 765 200 (open Mon 8.30 – 10.30am, Tue, Wed, Thur 5pm – 7.30pm) Email: info@supportline.org.uk

Gov.uk – bullying at school <https://www.gov.uk/bullying-at-school/reporting-bullying> Information from the Government about the legal position of school bullying, includes what schools and the police need to do and how to report it.

Department For Education <http://www.education.gov.uk/aboutdfe/advice/f0076899/preventing-and-tackling-bullying> Information to assist schools with prevention and response to bullying.

Samaritans <http://www.samaritans.org> Samaritans are available to listen to anyone who is distressed. Helpline: 116 123 (open 24 hours) This new number is free and does not appear on phone bills Email: jo@samaritans.org

- **Support Organisations - Drug Related Issues**

FRANK <http://www.talktofrank.com/> FRANK provide information and support on issues to do with drugs, including listing of drugs under their street names and live chat online from 2 – 6pm daily. Helpline: 0300 123 6600 (open 24 hours) Email: frank@talktofrank.com Text: 82111

Wales Drug and Alcohol Helpline <http://www.dan247.org.uk/> Support information for alcohol and drugs issues, for anyone based in Wales. Helpline: 0808 808 22 34 (open 24 hours)Text: Dan to 81066

Scotland – Know The Score <http://www.knowthescore.info> Support information for drug issues, for anyone based in Scotland. Helpline: 0800 587 587 9 (open 8am – 11pm)

Northern Ireland – Addiction NI <http://www.nicas.info>

Support information for alcohol and drugs issues, for anyone based in Northern Ireland. Helpline: 02890 66 44 34 (lines open Mon – Thu 9am – 5pm, Fri 9am – 1pm) Email enquiries@addictionni.com

Drugs Penalties <https://www.gov.uk/penalties-drug-possession-dealing> Government information on the classification of drugs and the penalties in the UK.

Narcotics Anonymous <http://www.ukna.org/> Self-support group for people who have struggled with drug issues. Helpline: 0300 999 1212 (open 10am -12midnight)

Cocaine Anonymous UK <http://www.cauk.org.uk/index.asp> Memberships based organisation

offering support to anyone who has been affected by cocaine addiction. Helpline: 0800 612 0225
Mobile: 0300 111 2285 (open 10am - 10pm) Email: helpline@cauk.org.uk

Cannabis – NHS <http://www.nhs.uk/livewell/drugs/pages/cannabis-facts.aspx> Information on the cannabis effects and risks.

Steroids – NHS <http://www.nhs.uk/conditions/anabolic-steroid-abuse/Pages/Introduction.aspx>
Information on the misuse of steroids and the side effects.

Action on Addiction <http://www.actiononaddiction.org.uk/About-Addiction/Prescription-Over-the-Counter-Drugs.aspx> Support information about addiction to prescription and over-the-counter drugs, as well as other drug use. Information: 0300 330 0659 (lines open Mon – Fri 9am – 5pm)

Adfam <http://www.adfam.org.uk/> Providing support for families and friends of drug and alcohol users, including information on drugs, criminal justice system and support groups. Email: admin@adfam.org.uk

DrugFAM <http://www.drugfam.co.uk/> Supporting families, carers and friends affected by substance abuse. Helpline: 0300 888 3853 (open 9am – 9pm)

National Treatment Agency for Substance Abuse <http://www.nta.nhs.uk> NHS information about substance abuse.

Release <http://www.release.org.uk> Advice about drugs and drug laws. Email: ask@release.org.uk

NHS <http://www.nhs.uk/Livewell/drugs/Pages/Drugsandyourkids.aspx> NHS information for parents about how to discuss drugs with their children.

Drug Science <http://www.drugscience.org.uk/> Information about drugs from The Independent Scientific Committee on Drugs.

- **Legal Highs** – also known as NPS (New psychoactive substances)

Frank <http://www.talktofrank.com/legalhighs> Information from Frank about legal highs.
Helpline: 0300 123 6600 (lines open 24 hours) Email: frank@talktofrank.com Text: 82111

Angelus Foundation <http://www.angelusfoundation.com> Raising awareness among young people and parents about the harm of legal highs and club drugs. Why Not Find Out - <http://whynotfindout.org> for young people.

NHS <http://www.nhs.uk/Livewell/drugs/Pages/legalhighs.aspx> NHS information about legal highs.

Pregnancy, Fertility and Childbirth

Support information for pregnancy choices, childbirth, multiple births, premature birth, fertility and surrogacy.

- **Pregnancy**

Emergency Contraception – Morning After Pill <http://www.nhs.uk/conditions/contraception-guide/pages/where-can-i-get-emergency-contraception.aspx> NHS information on emergency contraception (morning after pill) and where to get it.

British Pregnancy Advisory Service – BPAS <http://www.bpas.org/> BPAS offer support information to assist women in making their own decisions on pregnancy. **Helpline:** 03457 30 40 30 (open 24 hours)

Marie Stopes International <http://www.mariestopes.org.uk/> Centres in the UK offer a range of services including abortion advice and help. Website includes a live chat service. Helpline: 0345 300 8090 (lines open 24 hours)

Brook <http://www.brook.org.uk/your-life/category/pregnancy> Brook offer support if you're under 25 and think you might be pregnant. **Text question:** 07717 989 023 (open Mon – Fri 9am – 3pm)
Online advisor: (lines open Mon – Fri 9am – 3pm)

NHS – Teen Pregnancy Support <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx#close> Information about teen pregnancy support.

Antenatal Results and Choices - ARC <http://www.arc-uk.org> ARC provide support to parents making difficult choices following antenatal tests for abnormalities. **Helpline:** 0845 077 2290 (open Mon – Fri 10am - 5.30pm) **Email:** info@arc-uk.org

The National Childbirth Trust <http://www.nct.org.uk/> NCT offer information and advice about pregnancy, childbirth and postnatal care to parents and parents-to-be. **Helpline:** 0300 33 00 700 (open 8am - midnight)

Count The Kicks <http://countthekicks.org.uk/> Information for Mums, to give confidence throughout a pregnancy.

FPA <http://www.fpa.org.uk/> Offering support advice for sexual health and relationships. **Northern Ireland:** 0345 122 8687 (open Mon - Fri 9am - 6pm)

Pre-Natal Paternity Test <http://www.nhs.uk/chq/Pages/what-is-a-prenatal-paternity-test> NHS information on pre-natal paternity testing.

Stonewall: Pregnant Pause http://www.stonewall.org.uk/at_home/parenting/3463.asp Pregnant Pause Pregnant Pause is a downloadable guide for lesbians about pregnancy.

Maternity Action <http://www.maternityaction.org.uk/wp/> Advice for concerns about your rights during pregnancy and after. Adviceline: 0845 600 8533 (open Wed & Thur 3pm- 7pm, Fri 10am – 2pm)

Ectopic Pregnancy <http://www.nhs.uk/conditions/ectopic-pregnancy/Pages/Introduction.aspx> NHS information on ectopic pregnancy.

Ectopic Pregnancy Trust <http://www.ectopic.org.uk/Support> information for ectopic pregnancy.

Ectopic Pregnancy Foundation <http://www.ectopicpregnancy.co.uk/> Information for anyone affected by ectopic pregnancy, with FAQ's in a number of languages. Helpline: 0845 070 4636 (open 24 hours) Email: info@theepf.org

Down's Syndrome Testing <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/screening-amniocentesis-downs-syndrome.aspx#close> NHS information on testing for Down's Syndrome in pregnancy.

Obesity and Pregnancy <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/overweight-pregnant.aspx#close> NHS information about obesity in pregnancy.

Pre-eclampsia <http://www.nhs.uk/conditions/Pre-eclampsia/Pages/Introduction.aspx> NHS information on Pre-eclampsia.

Disabled Parents Network – DPN www.disabledparentsnetwork.org.uk Information for disabled people who are parents or who hope to become parents.

- **Childbirth**

NHS - Start4Life <http://www.nhs.uk/start4life/Pages/healthy-pregnancy-baby-advice.aspx> Tailored e-mails and text messages on pregnancy and baby development and the option to sign up for Start4Life Information Service for Parents.

Which? Birth Choice <http://www.which.co.uk/birth-choice> Online advice for choices of where to give birth.

Doula UK <http://doula.org.uk/> Supporting women and their families during pregnancy and childbirth, to find a doula in your area visit the website.

The Baby Centre Information about recovery after a C section.
<http://www.babycentre.co.uk/pregnancy/labourandbirth/labourcomplications/caesareanrecovery>

Baby and Pregnancy <http://www.babyandpregnancy.co.uk/special-care-babies-neonatal-units.html>

Information about special care babies and neonatal units.

Net Mums <http://www.netmums.com/> Online membership organisation with support on all aspects of being a Mum.

- **Multiple Births**

Multiple Births <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/giving-birth-to-twins.aspx> NHS information about multiple births.

Tamba <https://www.tamba.org.uk/> Tamba provide support to families of twins, triplets and more; helplines are staffed by parents of multiples. **Twinline:** 0800 138 0509 (lines open 10am - 1pm and 7pm - 10pm) **Email:** asktwinline@tamba.org.uk

Twin to Twin Transfusion Syndrome (TTTS) <http://www.tamba.org.uk/TTTS> Information about TTTS, a possible complication of a multiple pregnancy.

Twins UK <http://www.twinsuk.co.uk/> Offering support advice to anyone expecting or with twins or triplets.

- **Premature Birth**

Bliss <http://www.bliss.org.uk/> Bliss support parents of babies born prematurely. **Helpline:** 0500 618140 (lines open Mon - Fri 9am-9pm) **Email:** hello@bliss.org.uk

24 Weeks Plus <http://www.24weeksplus.com/index.php?doc=28> Information for parents of premature babies.

Tommy's <http://www.tommys.org> Tommy's offer information about premature birth, miscarriage and stillbirth; midwife can be contacted on the helpline. **Helpline:** 0800 0147 800 (open Mon – Fri 9am – 5pm) **Email:** info@tommys.org

- **Post Natal Depression**

House of Light – PND support <http://www.pndsupport.co.uk> Support and information for women affected by Post Natal Depression and their families. Helpline: 0800 043 2031 (open Mon – Fri 9am – 5pm) Email: help@pndsupport.co.uk

- **Fertility**

Human Fertilisation and Embryology Authority - HFEA <http://www.hfea.gov.uk/fertility.html>
Information for anyone having or considering fertility treatment, including details about clinics and costs. **Information:** 020 7291 8200 (open Mon – Fri 9am – 5pm) **Email::** enquiriesteam@hfea.gov.uk

Infertility Network UK <http://www.infertilitynetworkuk.com/> Offering support to anyone affected by infertility. **Support line:** 0121 323 5025 (open Mon, Wed, Fri 10am - 4pm)
Email: admin@infertilitynetworkuk.com

NHS – Infertility Costs <http://www.nhs.uk/chq/Pages/889.aspx?CategoryID=54> Information for NHS infertility treatment and costs.

- **Surrogacy**

Surrogacy Information <http://www.hfea.gov.uk/fertility-treatment-options-surrogacy.html>
Information on surrogacy.

Surrogacy – Government information <https://www.gov.uk/legal-rights-when-using-surrogates-and-donors/overview> Government information on the legal rights of parents and surrogates.

COTS <http://www.surrogacy.org.uk/index.htm> A voluntary surrogacy organisation, offering support to surrogates and intended parents.

- **Sexual Health, STI's & HIV**

NHS - Sexual Health Line Confidential advice (anonymous if required) about sexual health, including information about local centre for Sexually Transmitted Infections.
<http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpnow.aspx> Helpline: 0300 123 7123 (open Mon – Fri 9am - 8pm, W/E 11am – 4pm)

GUM Clinics Northern Ireland <http://www.nidirect.gov.uk/genitourinary-medicine-gum-clinics>

Emergency Contraception – Morning After Pill. <http://www.nhs.uk/conditions/contraception-guide/pages/where-can-i-get-emergency-contraception.aspx> NHS information on emergency contraception (morning after pill) and where to get it.

Brook <http://www.brook.org.uk/> Brook provides sexual health services and advice for young people (up to 25). Text: send your question to 07717 989 023 (lines open Mon – Fri 9am – 3pm)
Online advisor: (open Mon – Fri 9am – 3pm)

Marie Stopes International <http://www.mariestopes.org.uk/> Marie Stopes offer advice about sex, relationships, pregnancy and contraception. Helpline: 0345 300 8090 (open 24 hours)

NHS - Worth Talking About www.nhs.uk/worhtalkingabout NHS information and advice about sex for anyone aged 12 to 18. Helpline: 0300 123 29 30 (open Mon– Fri 2pm – 8pm, w/e 2pm – 4pm)

FPA – Learning Disability <http://www.fpa.org.uk/advice-parents-and-carers/if-your-child-has-learning-disability> Information on sexual health support from FPA (Family Planning Association) for parents of children or young people with learning disabilities.

NHS – Chlamydia <http://www.nhs.uk/conditions/chlamydia/Pages/Introduction.aspx> NHS information on Chlamydia.

Respect Yourself <http://www.respectyourself.info/> Advice for sex education and relationships, with a downloadable app for smartphones.

Live Well <http://www.nhs.uk/Livewell/Sexualhealth/Pages/Sexonholiday.aspx> Guide to safer sex on holiday.

Travel Abroad <http://www.gapyear.com/articles/121043/sexual-health-on-your-travels/1470> Article on sexual health when aboard.

The Young Lovers Guide <http://www.youngloversguide.com/index.php> Information about sex and relationships.

ChildLine <http://www.childline.org.uk> Childline is free and confidential for anyone up to the age of 18. Helpline: 0800 11 11 (open 24 hours)

Get Connected <http://www.getconnected.org.uk> Get Connected is a free helpline and email service for young people (up to 25) assisting with find the best support whatever the problem. Helpline: 0808 808 4994 (lines open 11am - 11pm) Email: help@getconnected.org.uk

The Site <http://www.thesite.org> The Site provides young adults with advice and guidance online for many issues such as relationships, health problems and arguments with family.

Ask Men http://uk.askmen.com/dating/love_tip_400/404_love_tip.html Support advice for addiction to porn.

Porn Recovery UK – PRUK <http://www.porn-recovery.co.uk/> Information and support for anyone affected by porn or cybersex

Forward <http://www.forwarduk.org.uk> Offering advice and support to anyone affected by FGM (Female Genital Mutilation), including anyone who fears they or another are at risk.

- **Parents, Concerned Adults**

The FPA <http://www.fpa.org.uk>/FPA offers advice across a range of issues including contraception, family planning and abortion. Northern Ireland: 0345 122 8687 (open Mon - Fri 9am - 5pm)

Family Lives <http://familylives.org.uk/> Family Lives provide support advice to anyone in a parenting role on any parenting problem.

Got A Teenager <http://familylives.org.uk/advice/got-a-teenager> Got a Teenager offer support advice to anyone parenting a teenager. **Parentline:** 0808 800 22 22 (lines open Mon- Fri 9am - 9pm, W/e 10am-3pm)

- **HIV/AIDS**

THT Direct <http://www.tht.org.uk> THT provide a range of services including support advice for anyone in England, Scotland and Wales. Helpline: 0808 802 1221 (open Mon - Fri 10am - 8pm) Email: info@tht.org.uk

NHS – PEP <http://www.nhs.uk/chq/Pages/1840.aspx?CategoryID=73> NHS information on PEP (Post-exposure Prophylaxis) medication and when it can be used.

HIV Aware <http://www.hivaware.org.uk/> Information for anyone concerned about HIV.

Positively UK <http://www.positivelyuk.org/> Positively UK support anyone living with HIV.

Positive Life NI <http://www.positivelifeni.com/> Supports anyone affected by HIV in Northern Ireland and the border counties. Helpline: 0800 137 437 (lines open Monday – Fri 9am – 5pm, Mon & Wed 7pm- 9pm)

GUM (Genitourinary Medicine) Clinics Northern Ireland

<http://www.nidirect.gov.uk/genitourinary-medicine-gum-clinics> Find clinics across Northern Ireland where you can get STI or HIV tests.

Body & Soul <http://bodyandsoulcharity.org/> Body & Soul provides support information to anyone living with or are closely affected by HIV or AIDS.

Saving Lives <http://www.savinglivesuk.com/> Information on HIV testing.

- **Sexuality and Gender - Straight, LGB, Trans**

LGBT <http://www.lgf.org.uk> The Lesbian and Gay Foundation offer information and support. Helpline: 0345 3 30 3030 (open 10am to 10pm) Email: helpline@lgf.org.uk **Switchboard LGBT+ helpline** <http://switchboard.lgbt/> A telephone service giving support advice and referrals to young people who may be confused about their sexuality, as well as providing advice on gay issues. Helpline: 0300 330 0630 (lines open 10am to 11pm) Email: chris@switchboard.lgbt

LGBT Youth Scotland <http://www.lgbtyouth.org.uk>

Wales - LGBT Cymru <http://www.lgbtcymruhelpline.org.uk>

Northern Ireland - Cara Friend <http://www.cara-friend.org.uk>

Stonewall <http://www.stonewall.org.uk> For the gay and bisexual community, support advice and information. Info Line: 0800 050 20 20 (lines open Monday - Friday, 9.30am - 5.30pm)
Email: info@stonewall.org.uk

Gendered Intelligence – GI <http://genderedintelligence.co.uk/> Working with the trans community to increase understanding of gender diversity and specialise in supporting young trans people 11-25 y.o.

All About Trans <http://www.allabouttrans.org.uk/> Working with the media to positively change understanding and portrayal of trans people.

Worth Talking About www.nhs.uk/worhtalkingabout NHS information and advice about sex for anyone aged 12 to 18. Helpline: 0300 123 29 30 (open Mon – Frid 2pm – 8pm, w/e 2pm – 4pm)

PACE <http://www.pacehealth.org.uk> Providing counselling, support and advice for the LGBT community. **Email:** info@pacehealth.org.uk

- **Gender**

Gender dysphoria <http://www.nhs.uk/conditions/gender-dysphoria> NHS information about gender dysphoria and related conditions.

Transvestism <http://www.netdoctor.co.uk/sexandrelationships/transvesticism.htm> Net Doctor information on cross dressing and transvestites.

Gender Shift <http://www.gendershift.com> Information about gender identity and sexual orientation.

The Gender Trust <http://www.gendertrust.org.uk> Offering support advice to adults with transsexual, gender dysphoria, transgender, or gender identity issues.

Email: infor@gendertrust.org.uk

Mermaids <http://www.mermaidsuk.org.uk> Support for young people and teenagers (19 or under) who may have gender identity issues. **Helpline:** 0844 334 0550 or from a mobile 0344 344 0550 (Mon - Sat 3pm – 7pm)

The Beaumont Trust <http://www.beaumont-trust.org.uk> Offering advice or support to anyone who would like to increase their knowledge of transsexualism and transvestism. **Helpline:** 07000 287878 (lines open Tue & Thur 7pm -11pm) **Email:** beaumonttrust@gmail.com

The Transgender Zone <http://www.transgenderzone.com> Support advice for anyone confused about their gender.

Gender Identity Research and Education Society – GIRES <http://www.gires.org.uk> Information and advice for trans people, their families as well as professionals.

The Beaumont Society <http://www.beaumontsociety.org.uk> A self-help organisation for the cross-dressing and transsexual community.

- **Family Relationships**

Depend <http://www.depend.org.uk/frameset.html> Depend provide support advice for family members, spouses, partners and friends of transsexual people.

Families and Friends of Lesbians and Gays - FFLAG <http://www.fflag.org.uk/> Supporting parents and their lesbian, gay and bisexual daughters and sons. Email: info@fflag.org.uk

Suicidal Feelings & Depression

- **Suicidal Feelings**

Samaritans <http://www.samaritans.org> If you're feeling emotionally distressed and need someone to talk to, you can phone at any time of day or night. Helpline: 116 123 (open 24 hours, free and does not appear on telephone billing) Email: jo@samaritans.org

Papyrus – Prevention of Young Suicide <http://www.papyrus-uk.org> Providing confidential advice to young people about suicide prevention, also offering advice to anyone concerned about a young person. HopelineUK: 0800 068 41 41 (lines open Monday – Friday 10am-10pm. Weekends & Bank Holidays 2-5pm) Email: pat@papyrus-uk.org SMS: 07786209697

Campaign Against Living Miserably – CALM <http://www.thecalmzone.net/> CALM offer support information and advice for men, helping to prevent male suicide. Helpline: 0800 58 58 58 (open 5pm – 12 midnight)

Mind <http://www.mind.org.uk> Mind provide an information service for all aspects of mental health, which includes depression and Post Natal Depression. Local branches of MIND can be found online or by calling the helpline. Helpline: 0300 123 3393 (open Monday - Friday 9am - 6pm) Email: infor@mind.org.uk Text: 86463

Sane <http://www.sane.org.uk> Sane offer crisis care and emotional support to anyone affected by a mental health problem including depression. Saneline: 0300 304 7000 (lines open 6pm - 11pm) Email: sanemail@sane.org.uk

Black Dog Tribe http://www.sane.org.uk/what_we_do/bdt An online advice for depression including a forum and campaign.

Depression Alliance <http://www.depressionalliance.org/> Providing support to anyone living with depression and anxiety.

SOBS - Survivors of Bereavement by Suicide <http://www.uk-sobs.org.uk> SOBS offer specialist emotional support and practical information for people bereaved by suicide. Helpline: 0300 111 5065 (open 9am - 9pm)

Maytree <http://www.maytree.org.uk> Offering a sanctuary for the suicidal. Email: maytree@maytree.org.uk

Euthanasia and Assisted Suicide NHS information about UK law and the definition of assisted suicide. <http://www.nhs.uk/conditions/Euthanasiaandassistedsuicide/Pages/Introduction.aspx>

- **Post Natal Depression**

House of Light – PND support <http://www.pndsupport.co.uk> Providing support and information to women affected by Post Natal Depression and their families. Helpline: 0800 043 2031 (open Mon– Fri 9am – 5pm) Email: help@pndsupport.co.uk

Association for Post Natal Illness – APNI <http://apni.org/> Offering support for post-natal depression. Helpline: 0207 386 0868 (lines open Mon - Fri 10am – 2pm)

Net Mums – Post Natal Depression <http://www.netmums.com/pnd/> Support for post natal depression.

Panda’s Foundation <http://www.pandasfoundation.org.uk> Providing support for pre and post natal depression. Helpline: 0843 28 98 401 (open Mon – Sun 9am – 8pm)

Mother for Mothers <http://www.mothersformothers.co.uk/index.html> Support and advice from mothers who have been through postnatal depression.

- **Sad - Seasonal Affective Disorder**

NHS – SAD <http://www.nhs.uk/conditions/Seasonal-affective-disorder/> NHS information on this form of depression.

SADA <http://www.sada.org.uk/> Information and support for anyone affected by SAD.

- **Counselling & Therapy**

Royal College of Psychiatrists <http://www.rcpsych.ac.uk/expertadvice.aspx> Information about depression.

The British Association for Counselling and Psychotherapy – BACP <http://www.bacp.co.uk/> Information to locate qualified counsellors and psychotherapists locally.

Counselling Directory <http://www.counselling-directory.org.uk> Online information to locate a suitable qualified registered counsellor or psychotherapist locally.

BPS <http://www.bps.org.uk/> Offering information on local chartered psychologists

- **Young Issues**

Am I Normal <http://www.aminormal.channel4.com/> Channel 4's interactive project for young people covering a range of issues.

ChildLine <http://www.childline.org.uk> Childline provide support and counselling for anyone up to the age of 18. Childline can discuss anything of concern. Helpline: 0800 11 11 (open 24 hours)

Get Connected <http://www.getconnected.org.uk> Get Connected offer support via helpline and email to young people (up to 25), to help find the correct support whatever the problem.

Helpline: 0808 808 4994 (open 1pm - 11pm) **Email:** help@getconnected.org.uk **Text Free:** 80849 (Mon – Fri 7pm – 11pm)

The Calm Zone Information on dealing with exam stress. <https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CJCVppexur4CFdShtAodbl4ACA>

The Site The Site offer online advice to young adults across many issues including relationships, health problems and arguments with your family. <http://www.thesite.org>

Patient UK - body image <http://www.patient.co.uk/showdoc/27001254/> Information on Body Dysmorphic Disorder.

Missing People – Runaways <http://www.missingpeople.org.uk> Missing People offer support advice to anyone who is missing or has run away, and the families of those missing. **Helpline:** 116 000 (open 24 hours) **Text:** 116 000 **Email:** 116000@missingpeople.org.uk

Spurgeons <http://www.spurgeons.org/> In partnership with local authorities, Spurgeons support vulnerable children and their families to find solutions to challenges faced. Email: info@spurgeons.org

Catch 22 <http://www.catch-22.org.uk/Whatwedo> Catch 22 work in towns and cities across England and Wales to support young people, including offender rehabilitation.

NYAS <http://www.nyas.net/> NYAS provide advice and legal representation to children, young people and vulnerable adults. Advisors are available to discuss various issues including parental divorce. **Helpline:** 0808 808 1001 (lines open Mon – Fri 9am – 8pm, Sat 10am – 4pm) **Email:** help@nyas.net

Action For Children <http://www.actionforchildren.org.uk/> Action for Children supports vulnerable children, young people and their families during difficult times, such as parental separation.

Family Rights Group <http://www.frg.org.uk/> Offering advice to families where children are involved with children's services.

Talk Safe <http://www.talksafe.org.uk/> Talk Safe offer advice to young people (aged 10 – 21) for any issues of concern.

Government Information - Marriage and Civil Partnership Government information on the legal age of marriage and parental permission in the UK. <https://www.gov.uk/marriages-civil-partnerships/overview>

Bullying UK <http://www.bullying.co.uk> Bullying UK provide information about how to cope with bullying including harassment via text message. **Email:** help@bullying.co.uk

Coram Children's Legal Centre <http://www.childrenslegalcentre.com/> Providing information and representation to children, young people, their families and carers.

Think U Know <http://www.thinkuknow.co.uk> Information about staying safe online. Facebook: <http://www.facebook.com/clickceop>

Get Safe Online <http://www.getsafeonline.org/social-networking/social-networking-sites/> Get Safe Online give advice about privacy protection on social networking sites.

IWF – Internet Watch Foundation <https://www.iwf.org.uk/> Anyone who has uncovered child sexual abuse images or videos on the internet can report them anonymously and confidentially to IWF.

KidSMART <http://www.kidsmart.org.uk/> KidsSMART provide online information to children and young people about smart surfing and keeping a private identity.

Young Minds <http://www.youngminds.org.uk> Young Minds support young people on a range of mental health issues.