**Key contacts to help look after your own wellbeing**

**As always, if you or someone that you know is in immediate danger then 999 should always be called**

[safe@bedford.ac.uk](mailto:safe@bedford.ac.uk)

**Bedford Safeguarding:** 01234 291888

**Northamptonshire Safeguarding:** 01536 413004

November 2020

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# Bereavement

|  |  |
| --- | --- |
| **Cruse Bereavement Support** | 0808 808 1677  Opening Hours:  Monday: 9.30am-5pm  Tuesday: 9.30am-8pm (on Tuesday 19th October the Helpline will close at 17:00pm)  Wednesday: 9.30am-8pm  Thursday: 9.30am-8pm  Friday: 9.30am-5pm  Saturday and Sunday: 10am -2pm  Also an online chat option  <https://www.cruse.org.uk/> |
| **Hope Again** | <https://www.hopeagain.org.uk/> |
| **Winston’s Wish** | <https://www.winstonswish.org/> |

# Bullying including Cyber-Bullying

|  |  |
| --- | --- |
| **Anti-Bullying Helpline** | 0800 783 0334 |
| **CEOP** (Child Exploitation and Online Protection command) – Reporting Online Bullying | <https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/> |
| **EACH** (Educational Action Challenging Homophobia, Biphobia and Transphobia) | 0808 1000 143  <https://each.education/> |
| **Kidscape** | Parent Advice Line:  Phone: 020 7823 5430  WhatsApp: 07496 682785  Email: parentsupport@kidscape.org.uk  <https://www.kidscape.org.uk/advice/advice-for-young-people/dealing-with-bullying/> |
| **National Bullying Helpline** | 0845 22 55 787  <https://www.nationalbullyinghelpline.co.uk/> |
| **Thinkuknow** | <https://www.thinkuknow.co.uk/14_plus/> |
| **You & Co** (Victim Support’s youth programme) | 08 08 16 89 111  Live Chat Option  <https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/children-and-young-people> |
| **Young Minds** | YM to 85258  Parents Helpline: 0808 802 5544  <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/> |

# Domestic Abuse & Violence / Relationship Abuse

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| --- | --- |
| **Chayn** (Available in different languages) | <https://chayn.co/> |
| **Family Lives** | 0808 800 2222  Online chat available on the website  <https://www.familylives.org.uk/> |
| **ManKind** | 01823 334244  <https://www.mankind.org.uk/> |
| **National LGBT+ Domestic Abuse Helpline** | 0800 999 5428 |
| **Refuge** | 0808 2000 247  Live chat and messaging available on the website  <https://www.nationaldahelpline.org.uk/> |
| **Relate – The Relationship People** | <https://www.relate.org.uk/> |
| **The Men’s Advice Line** | 0808 801 0327 |
| **The Mix** | 0808 808 4994 |
| **UK Says No More** | All Boots UK pharmacies are Safe Spaces. Ask at the counter to use the consultation room.  <https://uksaysnomore.org/where-is-my-nearest-safe-space/>  Safe Space online: <https://uksaysnomore.org/online-safe-spaces/> |
| **Women’s Aid** | <https://www.womensaid.org.uk/> |

# Drugs

|  |  |
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| **Action on Addiction** | * [Action on Addiction](https://www.actiononaddiction.org.uk/) provide information, residential rehab and community based addiction treatment. |
| **Addaction** | [Addaction](https://www.addaction.org.uk/) is a drug and alcohol charity working with adults and young people, in community settings, in prisons, in residential rehab and through outreach.  For advice and support, join their [webchat.](https://www.addaction.org.uk/webchat) |
| **Alcoholics Anonymous** | 0800 9177 650  [help@aamail.org](mailto:help@aamail.org)  Online chat also available on the website  <https://www.alcoholics-anonymous.org.uk/> |
| **Drinkline** | 0300 123 1110 |
| **Families Anonymous** (Support for Families) | Have online forums on the website  <http://famanon.org.uk/> |
| **Narcotics Anonymous UK** | 0300 999 1212  <https://ukna.org/> |
| **Release** | 020 7324 2989  [ask@release.org.uk](mailto:ask@release.org.uk)  <https://www.release.org.uk/> |
| **SupportLine** | 01708 765200  [info@supportline.org.uk](mailto:info@supportline.org.uk)  <https://www.supportline.org.uk/> |
| **Talk to Frank** | 0300 1236600  <https://www.talktofrank.com/> |
| **The National Association for Children of Alcoholics** | 0800 358 3456  [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk)  <https://www.nacoa.org.uk/> |
| **We Are With You** | Online chat available on the website  <https://www.wearewithyou.org.uk/help-and-advice/?gclid=CjwKCAiA7939BRBMEiwA-hX5J4qVjqxA-FCjcoKvTTyfDnv14dZTOP_YaRJIVlAQCbMX4qHvCHfEvRoCKuQQAvD_BwE> |

# Emotional Abuse

|  |  |
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| **Childline** | 0800 1111  Online chat available  <https://www.childline.org.uk/> |
| **The Hideout** | <http://thehideout.org.uk/> |

# Forced Marriage

|  |  |
| --- | --- |
| **Against Forced Marriages (part of the Jan Trust)** | 0800 141 2994  [www.againstforcedmarriages.org](http://www.againstforcedmarriages.org) |
| **Forced Marriage Unit** | [fmu@fcdo.gov.uk](mailto:fmu@fcdo.gov.uk)  Telephone: 020 7008 0151 (From overseas: +44 (0)20 7008 0151)  Monday to Friday, 9am to 5pm  Out of hours: 020 7008 1500 (ask for the Global Response Centre) |
| **Foreign Commonwealth Office** | 020 7008 0151  [www.gov.uk/guidance/forced-marriage](http://www.gov.uk/guidance/forced-marriage) |
| **Freedom Charity** | 0845 607 0133  4freedom to 88802  <https://www.freedomcharity.org.uk/> |
| **Iranian & Kurdish Women’s Rights Organisation** | 0207 920 6460  Kurdish / Arabic 07846 275246  Farsi / Dari / Turkish 07846 310157  [www.ikwro.org.uk](http://www.ikwro.org.uk) |
| **Karma Nivarna** | 0800 5999 247  [info@karmanirvana.org.uk](mailto:info@karmanirvana.org.uk)  <https://karmanirvana.org.uk/> |
| **Refuge** | 0808 2000 247  Live chat and messaging available on the website  <https://www.nationaldahelpline.org.uk/> |
| **Runaway Helpline** | Call/Text 116 000  [116000@www.runawayhelpline.org.uk](mailto:116000@www.runawayhelpline.org.uk)  Live chat also available on the website  <https://www.runawayhelpline.org.uk/advice/forced-marriage/> |
| **SupportLine** | 01708 765200  [info@supportline.org.uk](mailto:info@supportline.org.uk)  <https://www.supportline.org.uk/problems/forced-marriages/> |

# Gangs & Youth Violence

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| --- | --- |
| **Crimestoppers** | 0800 555 111  <https://crimestoppers-uk.org/> |
| **Fearless.org** | Contact Anonymously via the website  <https://www.fearless.org/> |
| **Gangs Line** | 01375 483239 / 07753 351256  <https://www.gangsline.com/> |
| **Missing People** | Call / text 116 000  <https://www.missingpeople.org.uk/get-help/help-services/exploitation-and-county-lines> |
| **NCPCC** | 0808 800 5000  [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/> |
| **Runaway Helpline** | Call/Text 116 000  [116000@www.runawayhelpline.org.uk](mailto:116000@www.runawayhelpline.org.uk)  Live chat also available on the website  <https://www.runawayhelpline.org.uk/advice/gangs/> |

# General Listening Lines

|  |  |
| --- | --- |
| **CALM** | * The [Campaign Against Living Miserably (CALM)](https://www.thecalmzone.net/) is a line for men, and is open from 5pm–midnight: **0800 58 58 58**. * The CALM webchat is open from the same hours and can be found [here](https://www.thecalmzone.net/help/get-help/). |
| **Childline** | * [Childline](https://www.childline.org.uk/) a confidential line for children to call if they need help or advice about any topic: **0800 1111**. * You can also access 1-2-1 counselling [here](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/). * Or send emails by signing into your Childline Locker [here](https://www.childline.org.uk/login/?returnPath=%2flocker%2fnew-email%2f). |
| **Mind** | * [Mind](https://www.mind.org.uk/?gclid=EAIaIQobChMI__2_xvKY2wIV2ZTVCh2BkQzdEAAYASAAEgJ8wfD_BwE) offers advice Mon-Fri, 9am-6pm except bank holidays: **0300 123 3393** * Or email: [info@mind.org.uk](mailto:info@mind.org.uk) |
| **SANELine** | * [SANEline](http://www.sane.org.uk/what_we_do/support/helpline) offers support and information from 4.30pm–10.30pm: **0300 304 7000**. |
| **Switchboard** | * [Switchboard](https://switchboard.lgbt/) is a line for LGBT+ support. Open from 10am–10pm: **0300 330 0630**. * You can email: chris@switchboard.lgbt * Or chat online [here](https://switchboard.lgbt/help/). |
| **The Silver Line** | * [The Silver Line](https://www.thesilverline.org.uk/) is a line, open 24/7, for those over the age of 55: **0800 4708 090**. |

# Homeless

|  |  |
| --- | --- |
| **Big Issue Foundation** | 020 7526 3200  [www.bigissue.com](http://www.bigissue.com) |
| **Centrepoint Helpline** | 0808 800 0661  [www.centrepoint.org.uk](http://www.centrepoint.org.uk) |
| **Crisis** | <https://www.crisis.org.uk/get-help/how-to-get-help/> |
| **Homeless** | <https://www.homeless.org.uk/> |
| **Runaway Helpline** | Call/Text 116 000  [116000@www.runawayhelpline.org.uk](mailto:116000@www.runawayhelpline.org.uk)  Live chat also available on the website  <https://www.runawayhelpline.org.uk/> |
| **Salvation Army Homeless Service** | 0207367 4500  <https://www.salvationarmy.org.uk/homelessness> |
| **Shelter** | 0808 800 4444  [www.shelter.org.uk](http://www.shelter.org.uk) |
| **The Mix** | 0808 808 4994  [www.themix.org.uk](http://www.themix.org.uk) |

# LGBT+

|  |  |
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| **Switchboard** | * [Switchboard](https://switchboard.lgbt/) is a line for LGBT+ support. Open from 10am–10pm: **0300 330 0630**. * You can email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) * Or chat online [here](https://switchboard.lgbt/help/). |
| **Switchboard LGBT+ Helpline** | <https://switchboard.lgbt>  Lines open 0300 330 0630 10am-10pm every day |
| **Mindline Trans+** | <http://mindtws.org.uk/trans-plus/> |

# Mental Health – Anxiety

|  |  |
| --- | --- |
| **Anxiety UK** | 03444 775 774 / Text: 07537 416905  [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) |
| **Big White Wall (Together All)** | <https://togetherall.com/en-gb/> |
| **Mind** | 0300 123 3393 / Text 86463  [info@mind.org.uk](mailto:info@mind.org.uk)  <https://www.mind.org.uk/> |
| **No Panic** | 0844 967 4848  [info@nopanic.org.uk](mailto:info@nopanic.org.uk)  <https://nopanic.org.uk/> |
| **Rethink Mental Illness** | 0300 5000 927  <https://www.rethink.org/> |
| **Samaritans** | 116 123  [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)  <https://www.samaritans.org/> |
| **Shout** | Shout to 85258  <https://giveusashout.org/> |
| **Young Minds** | YM to 85258  Parents Helpline: 0808 802 5544  <https://youngminds.org.uk/blog/how-you-can-help-someone-having-a-panic-attack/#how-to-help-someone-having-a-panic-attack> |

# Mental Health – Depression

|  |  |
| --- | --- |
| **Bipolar UK** | eCommunity  <https://www.bipolaruk.org/> |
| **BPD World** | For more information about BPD, and to search for support groups and help nearby, visit the [BPD World](https://www.bpdworld.org/) website. |
| **Mind** | 0300 123 3393 / Text 86463  [info@mind.org.uk](mailto:info@mind.org.uk)  <https://www.mind.org.uk/> |
| **Rethink Mental Illness** | 0300 5000 927  <https://www.rethink.org/> |
| **Samaritans** | 116 123  [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)  <https://www.samaritans.org/> |
| **Sane** | 0300 304 7000  [www.sane.org.uk](http://www.sane.org.uk) |
| **Shout** | Shout to 85258  <https://giveusashout.org/> |
| **Students Against Depression** | <https://www.studentsagainstdepression.org/> |
| **SupportLine** | 01708 765200  [info@supportline.org.uk](mailto:info@supportline.org.uk)  <https://www.supportline.org.uk/problems/depression/> |
| **The Bipolar Foundation** | * Find more information about bipolar disorder on [The Bipolar Foundation](http://www.bipolar-foundation.org/) website. |
| **Young Minds** | YM to 85258  Parents Helpline: 0808 802 5544  <https://youngminds.org.uk/find-help/conditions/depression/> |

# Mental Health - Eating Disorder

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| --- | --- |
| **Anorexia & Bulimia Care (ABC)** | 03000 111 213  <https://www.anorexiabulimiacare.org.uk/> |
| **Beat** | 0808 801 0677 (adults) / 0808 801 0711 (for under-18s)  [www.b-eat.co.uk](http://www.b-eat.co.uk) |
| **Childline** | <https://www.childline.org.uk/info-advice/your-feelings/eating-problems/> |
| **Family Lives** | 0808 800 2222  Online chat available on the website  <https://www.familylives.org.uk/advice/teenagers/health-wellbeing/eating-disorders/> |
| **National Centre for Eating Disorders** | 0845 838 2040  [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk) |
| **SEED** | 01482 718130  [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk) |
| **The Mix** | 0808 808 4994  <https://www.themix.org.uk/mental-health/eating-disorders/eating-disorders-explained-5879.html> |
| **Young Minds** | YM to 85258  Parents Helpline: 0808 802 5544  <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-eating-problems/> |

# Mental Health – General

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| **ASSIST Trauma Care** | [ASSIST Trauma Care](http://assisttraumacare.org.uk/) offers support for adults and children, individuals and families, affected by a wide range of traumatic occurrences.  Call their helpline: **01788 560800**. |
| **Big White Wall (Together All)** | <https://togetherall.com/en-gb/> |
| **Kooth** | <https://www.kooth.com/> |
| **Mind** | 0300 123 3393 / Text 86463  [info@mind.org.uk](mailto:info@mind.org.uk)  <https://www.mind.org.uk/> |
| **Papyrus UK** | 0800 068 4141 / Text: 07786209697  [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  [www.papyrus-uk.org](http://www.papyrus-uk.org) |
| **PTSD UK** | * Visit the [PTSD UK](http://www.ptsduk.org/) website for information and guidance on where to get help. |
| **Samaritans** | 116 123  [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)  <https://www.samaritans.org/> |
| **Shout** | Shout to 85258  <https://giveusashout.org/> |
| **The Children’s Society** | <https://www.childrenssociety.org.uk/> |
| **The Mix** | 0808 808 4994  <https://www.themix.org.uk/> |
| **Young Minds** | YM to 85258  Parents Helpline: 0808 802 5544  <https://youngminds.org.uk/> |

# Mental Health - Self-Harm

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| --- | --- |
| **Campaign Against Living Miserably (CALM)** | Helpline for men: 0800 58 58 58  [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/)  [www.thecalmzone.net](http://www.thecalmzone.net) |
| **Harmless** | <http://www.harmless.org.uk/> |
| **Heads Above the Waves** | <https://hatw.co.uk/> |
| **LifeSIGNS Self-Injury Guidance & Network Support** | <https://www.lifesigns.org.uk/read-this-first/> |
| **Mind** | 0300 123 3393 / Text 86463  [info@mind.org.uk](mailto:info@mind.org.uk)  <https://www.mind.org.uk/> |
| **National Self Harm Network** | <http://www.nshn.co.uk/> |
| **Samaritans** | 116 123  [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)  <https://www.samaritans.org/> |
| **Shout** | Shout to 85258  <https://giveusashout.org/> |
| **Staying Safe** | <https://stayingsafe.net/> |

# Mental Health – Suicidal

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| --- | --- |
| **Campaign Against Living Miserably (CALM)** | Helpline for men: 0800 58 58 58  [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/)  [www.thecalmzone.net](http://www.thecalmzone.net) |
| **Mind** | 0300 123 3393 / Text 86463  [info@mind.org.uk](mailto:info@mind.org.uk)  <https://www.mind.org.uk/> |
| **Papyrus UK** | 0800 068 4141 / Text: 07786209697  [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  [www.papyrus-uk.org](http://www.papyrus-uk.org) |
| **Samaritans** | 116 123  [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)  <https://www.samaritans.org/> |
| **Selfharm UK** | <https://selfharm.co.uk/> |
| **SOBS (Survivors of Bereavement by Suicide)** | 0300 111 5065  [support@uksobs.org](mailto:support@uksobs.org)  bereaveMENt [bereaveMENt@uksobs.org](mailto:bereaveMENt@uksobs.org)  Punjabi Speaking Women’s Group – Contact birmingham@uksobs.org or 07376 303 438  https://uksobs.org/ |
| **SupportLine** | 01708 765200  [info@supportline.org.uk](mailto:info@supportline.org.uk)  <https://www.supportline.org.uk/problems/suicide/> |
| **The Mix** | 0808 808 4994  <https://www.themix.org.uk/> |
| **Young Minds** | YM to 85258  Parents Helpline: 0808 802 5544  <https://youngminds.org.uk/> |

# Personal Safety

|  |  |
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| **Crimestoppers** | <https://crimestoppers-uk.org/keeping-safe/personal-safety> |
| **Staying Safe at University** | <https://www.thecompleteuniversityguide.co.uk/student-advice/after-you-start/staying-safe-at-university> |
| **The Mix** | <https://www.themix.org.uk/crime-and-safety/personal-safety> |

# Preventing Radicalisation/Extremism

|  |  |
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| **Educate Against Hate** | 020 7340 7264  <https://educateagainsthate.com/parents/> |
| **NCPCC** | 0808 800 5000  [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/> |
| **Runaway Helpline** | Call/Text 116 000  [116000@www.runawayhelpline.org.uk](mailto:116000@www.runawayhelpline.org.uk)  Live chat also available on the website  <https://www.runawayhelpline.org.uk/> |

# Sexual Abuse

|  |  |
| --- | --- |
| **NAPAC (the National Association for People Abused in Childhood)** | 0808 801 0331  [support@napac.org.uk](mailto:support@napac.org.uk)  <https://napac.org.uk/> |
| **NHS Rape & Sexual Assault Centres** | [NHS Centres](https://www.nhs.uk/service-search/other-services/Rape%20and%20sexual%20assault%20referral%20centres/LocationSearch/364) |
| **Rape Crisis** | 0808 802 9999  [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) |
| **Safeline** | Male Helpline: 0808 800 5005  General Helpline: 0808 800 5008  Young people’s Helpline: 0808 800 5007  Text Helpline and Online Advisors: 07860 027573  <https://www.safeline.org.uk/> |
| **Samaritans** | 116 123  [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)  <https://www.samaritans.org/> |
| **Terence Higgins Trust** | 0808 802 1221  [www.tht.org.uk](http://www.tht.org.uk) |
| **The Survivors Trust** | 0808 801 0331  <https://www.thesurvivorstrust.org/national-helplines> |
| **UK Says No More** | All Boots UK pharmacies are Safe Spaces. Ask at the counter to use the consultation room.  <https://uksaysnomore.org/where-is-my-nearest-safe-space/>  Safe Space online: <https://uksaysnomore.org/online-safe-spaces/> |

# Wellbeing

|  |  |
| --- | --- |
| **Family Lives (Pregnancy)** | <https://www.familylives.org.uk/advice/your-family/parenting/where-can-young-parents-go-for-support/> |
| **NHS (Pregnancy)** | <https://www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant/> |
| **Relate (Relationships)** | <https://www.relate.org.uk/relationship-help/help-young-adults> |
| **Teens Health (Relationships)** | <https://kidshealth.org/en/teens/healthy-relationship.html> |
| **The Money Advice Service (Financial)** | <https://www.moneyadviceservice.org.uk/en/articles/protecting-against-financial-abuse> |
| **Women’s Aid (Financial)** | <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/financial-abuse/> |
| **Maternal Mental Health Alliance** | * [Maternal Mental Health Alliance](https://maternalmentalhealthalliance.org/) provides care, support and information for women during pregnancy and in the years after giving birth. |

# Young Carer

|  |  |
| --- | --- |
| **Action for Children** | <https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/young-carers/> |
| **Barnardo’s** | <https://www.barnardos.org.uk/what-we-do/helping-families/young-carers> |
| **Carers Trust** | <https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer> |
| **Carers UK** | <https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/young-carers-and-carers-of-children-under-18> |
| **Money Advice Service** | <https://www.moneyadviceservice.org.uk/en/articles/financial-support-for-young-carers> |
| **NHS – Help for Young Carers** | <https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/> |
| **The Children’s Society** | <https://www.childrenssociety.org.uk/information/young-people/young-carers> |
| **Young Minds** | YM to 85258  <https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/> |