

All 0800 numbers are free of charge. You don't need a phone card or money, and they won't show up on the phone bill.

They are usually very busy, so please keep trying.

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| Child Line 0800 1111 Free phone 24 hours a day | NSPCC Helpline 0800 800500 Free phone 24 hours a day, Counselling, information & advice for children at risk of abuse. |
| Children's Legal Centre 01206 873820 10am – 12:30pm, 2 – 4:430pm weekdays | Samaritans 08457 909090 Free phone 24 hours a day, Advice & support if you feel really unhappy & depressed. |
| Cruse Bereavement Care 020 8332 7227 Help, advice & support if a relative or a friend has died. Lines are open every day, including weekends. | Who Cares? Link line 0500 564570 Free phone 3:30 – 6pm, Mon, Wed & Thurs, Advice & support if you are or have been in care. |
| Get Connected 0800 096-0096 Free national helpline for young people. | Youth Access 020 8772 9900 9:30am-5:30pm Mon Fri Will tell you where to go for help locally |
| National Youth Advocacy Service 0800 616101 Free phone 9am-9pm Mon-Fri, 2-8pm weekends, information, advice & representation (someone who can speak for you) | NSPCC Asian Child Protection Helpline 0800 096 7719 (Mon-Fri, 11am-7pm) |

Useful Resources

Websites

www.childline.org.uk A counselling website for children.

www.carelaw.org.uk Free website for young people in care, offers information on the law & your rights.

www.justask.org.uk Free website offers information, help & advice on legal services.

www.parentlineplus.org.uk Free website for all the family.

www.thesite.org.uk Free website for young people (15-24 years) offering information, help & advice. Directory of advisory services for young people covering the hole of the UK.

www.4realcountydurham.co.uk 4R 4REAL advice for life-County Durham Young Peoples Drug & Alcohol Service. 01325 375703