

## HOLIDAY SUPPORT CHECKLIST: DON'T SUFFER IN SILENCE!

Tell someone how you are feeling – there are always people out there who want to help...

CHILDLINE – support for young people on just about any issue. 24 hour helpline 0800 1111 [childline.org.uk](http://childline.org.uk)

SAMARITANS - [samaritans.org](http://samaritans.org) general support on a wide range of issues 116 123 free anytime from any phone

NHS – [wheresyourheadat.co.uk](http://wheresyourheadat.co.uk) - A useful source of information about wide-ranging mental health and wellbeing issues affecting teenagers, with links to sources of support.

NATIONAL SELF-HARM NETWORK. [nshn.co.uk](http://nshn.co.uk)– Really useful site offering peer support and links to many other useful websites for a range of issues – also has useful downloads for distractions to use when feeling triggered and a discussion forum for support. Their Advice for Parents download is really helpful if you would like to talk to parents about self-harm and don't know where to start.

SPACE YOUTH PROJECT [spaceyouthproject.co.uk](http://spaceyouthproject.co.uk) 07973 405280– information and support groups for LGBTQ young people under the age of 25. Dorset based organisation with local groups.

INTERCOM TRUST [intercomtrust.org.uk](http://intercomtrust.org.uk) 0800 512 3010 information and support with a helpline for LGBT people across the South West

YOUNG PEOPLE AND MENTAL HEALTH – [youngminds.org.uk](http://youngminds.org.uk) – a website outlining a range of mental health and wellbeing issues that affect young people with good information and links to other sources of support (also has a helpline for parents if they are worried and need advice).

EATING DISORDERS – [b-eat.co.uk](http://b-eat.co.uk) Beat is the UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia or any other difficulties with food, weight and shape. Something-fishy.org useful source of information about a wide range of eating disorders, for young people and their parents.

CONCERNS ABOUT DRUG MISUSE: [talktofrank.com](http://talktofrank.com) – a confidential helpline and unbiased information for anyone worried about drug use.

WORRIED ABOUT A FRIEND? : [epicfriends.co.uk](http://epicfriends.co.uk) – A website offering help to help you support friends who might be struggling emotionally

DEPRESSION: [studentsagainstd Depression.org](http://studentsagainstd Depression.org) Students Against Depression offers comprehensive, award-winning information and resources to help you identify low mood or depression and then find a way forward

SUICIDAL FEELINGS: [papyrus-uk.org](http://papyrus-uk.org) An organization dedicated to the prevention of young suicide. It offers a helpline, information and support for young people who might be feeling suicidal or are worried about a friend who may be suicidal.