











# Helplines, apps and websites if you need help now




	Phone 	Website 	Online Chat 
<b>Childline</b> Free Confidential service where you can talk about anything you want	0800 1111  Free 24/7	<a href="http://www.childline.org">www.childline.org</a>	
<b>The Mix</b> Info and support for the under 25s for all kinds of issues	0808 8084994	<a href="http://www.themix.org.uk">www.themix.org.uk</a>	 4pm – 11pm
<b>Young Minds</b>  Mental Health support	Crisis text messenger 85258  Free 24/7	<a href="http://www.Youngminds.org">www.Youngminds.org</a>	
<b>Runaway Helpline</b> Support when you have gone missing	116000  Free Confidential 24/7	<a href="http://www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html">www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething.html</a>	
<b>Kooth</b> Free anonymous online counselling and support for young people	Mon -Fri 12pm- 10pm  Sat-Sun 6pm-10pm	<a href="http://www.kooth.com">www.kooth.com</a>	
<b>Help at Hand</b> Support, advice and info for young people in care	0800 528 0731	<a href="http://www.childrenscommissioner.gov.uk/help-at-hand">www.childrenscommissioner.gov.uk/help-at-hand</a>	
<b>Stop it now!</b> Help if you are worried about your online behaviour or someone else's	0808 1000 900  Free Confidential Weekdays 9am-9pm	<a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a>	
<b>B-eat</b> Support with eating disorders	0808 801 0711 Or 0808 801 0677	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>  Free confidential 24/7	
<b>Brook</b> Sexual health advice for under 25s	X	<a href="http://www.brook.org.uk">www.brook.org.uk</a>	

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<b>Children's Society</b> Support with various mental health and emotional issues for 13-17s	X	<a href="http://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17">www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17</a>	
<b>SelfHarm UK</b> Support with self-harm	X	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>Shout</b> Crisis text messenger service (any age)	Text 85258  54/7	<a href="http://www.giveusashout.org/get-help/">www.giveusashout.org/get-help/</a>	
<b>IMAlive</b> Online crisis Messenger Service (based in US)	24/7	<a href="http://www.imalive.org/">www.imalive.org/</a>	
<b>Calm Harm</b> Free app to help manage self-harm urges	X	<a href="http://www.calmharm.co.uk/">www.calmharm.co.uk/</a>	
<b>The Hideout</b> Domestic abuse website for young people	X	<a href="http://www.thehideout.org.uk/">www.thehideout.org.uk/</a>	
<b>Frank</b> Honest information and advice about drugs and alcohol	0300 1236600  Text 82111 Confidential  24/7	<a href="http://www.talktofrank.com/">www.talktofrank.com/</a>	
<b>CEOP</b> Reporting online sexual abuse or content	X	<a href="http://www.ceop.police.uk/safety-centre/">www.ceop.police.uk/safety-centre/</a>	
<b>Samaritans</b> Free confidential support line for people who are feeling desperate	116 123	<a href="http://www.samaritans.org/">www.samaritans.org/</a>	On its way! Chat will be available soon
<b>Mee Two</b> Free mental health support app for young people to talk to experts or people with similar issues	X	<a href="http://www.meetwo.co.uk/">www.meetwo.co.uk/</a>	 Anonymous post in the app allow chat with other people (posts moderated in advance)

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	Phone 	Website 	Online chat 
<b>Fearless</b> Information and advice about youth crime. 100% anonymous crime reporting	X	<a href="http://www.fearless.org/en">www.fearless.org/en</a>	
<b>101</b> Non-emergency Police number <b>Emergencies</b> <b>DIAL 999</b>	101  15p per call		

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<b>Sheffield Safeguarding Hub</b> If you are worried that a child or young person is at risk of, or is being hurt, abused or neglected	0114 273 4855	<a href="mailto:www.sscb@sheffield.gov.uk">www.sscb@sheffield.gov.uk</a>	
<b>MAST</b> Advice for parents and families in Sheffield	0114 203 7485  Mon-Fri 8:45-4:45		
<b>Door 43</b> Emotional, mental and sexual health support	0114 201 2800	<a href="mailto:www.door43@sheffield.org.uk">www.door43@sheffield.org.uk</a>	
<b>Safe@last</b> Family support to parents and carers of children at risk through running away	01909 566 977  Helpline 0800 355 7233	<a href="http://www.safe@last.org.uk">www.safe@last.org.uk</a>	
<b>The Corner</b> If you are between 10-18 you can get advice on the issues with Alcohol and drugs	0114 275 2051  Open Mon-Fri 9am-5pm	<a href="mailto:thecorner.sheffield@cgl.org.uk">thecorner.sheffield@cgl.org.uk</a>	
<b>Mind</b> A service to help people with mental health and where to get help near where you live	0300 123 3393  Text 86463	<a href="mailto:www.info@mind.org.uk">www.info@mind.org.uk</a>	