



HELPLINES

Organisation	Contact Information
Childline	Phone: 0800 1111 (free, 24/7) Website: www.childline.org.uk
CEOP	Online reporting: www.ceop.police.uk
NSPCC	Helpline: 0808 800 5000 Email: help@nspcc.org.uk Website: www.nspcc.org.uk
Samaritans	Phone: 116 123 (free, 24/7) Website: www.samaritans.org
Shout	Text: SHOUT to 85258 (free, 24/7) Website: giveusashout.org
YoungMinds	Parents Helpline: 0808 802 5544 (Monday–Friday) Website: www.youngminds.org.uk
NHS> mental health and wellbeing services	Website: www.nhs.uk/mental-health NHS 111: Dial 111 or use 111.nhs.uk for urgent mental health advice (England). In an emergency, call 999 .