

Organisations for Ongoing Help and Support

Note: This list is provided for information only. FamilyLine is not associated with any of these organisations or responsible for any advice or support provided by them. All information has been obtained from each organisation's website during May 2017.

Association for Family Therapy Tel: 01925 444 414 www.aft.org.uk

Family therapy, support and advice given on all family issues, (including adolescent behaviour), and they may also see younger aged children. The website details how to find a local family therapist.

BBC Action Line www.bbc.co.uk/actionline/a-z

The website has an A-Z list of topics of support which may be linked to current TV programmes shown on the BBC, including medical and mental health topics.

British Association of Counselling & Psychotherapy Tel: 01455 883 300 www.bacp.co.uk

The BACP hope to minimise anxiety associated with choosing a counsellor and give advice about the counselling process. Website has information on searching for suitable local counsellors and likely costs, including reduced rates for people on lower incomes.

CAMHS Child and Adolescent Mental Health Service www.camh.org.uk

The website provides free and comprehensive sources of information for young people, parents and professionals on a range of child and adolescent mental health issues. Support groups and links to on-line and downloadable information sheets given.

Childline Tel: 0800 1111 www.childline.org.uk

Free 24 hour helpline for children; may have to dial several times to get through as can be busy. Also, offer email support via the website, '1-2-1 chat' online with a counsellor or 'Ask Sam' an online expert.

Citizens Advice Tel: 03444 111 44 www.citizensadvice.org.uk

The Citizens Advice offices offer free, confidential, impartial and independent advice from office locations throughout the country.

Coram Children's Legal Centre Tel: 0300 330 5480 www.childrenslegalcentre.com

Free legal information, advice, fact sheets and representation to children, young people, their families, carers and professionals provided by lawyers and professionals with experience in child law.

Families Need Fathers Tel: 0300 0300 363 www.fnf.org.uk

Information and support for any parent experiencing problems maintaining good relations with children after a family breakdown. Membership subscription = £39p.a. or £18p.a. (low income).

Family Lives UK Tel: 0808 800 2222 www.familylives.org.uk

Confidential free helpline and email support for parents experiencing family difficulties, (formerly known as Parentline-Plus). They offer information, advice, guidance, & support on all aspects of parenting and family life. Live chat is available via the website.

FRANK Tel: 0300 123 6600 Text: 821 www.talktofrank.com

Helpline offers free confidential drug information and advice to help young people, (aged 11-21 years), and parents with children between 11-18 years understand the risks and dangers of drugs.

Kooth www.kooth.com

Free anonymous confidential support for young people. Website provides 'drop in' online counselling chats, 1-to-1 counselling and themed message forums

Marriage Care Tel: 0800 389 3801 www.marriagecare.org.uk

Marriage Care offer 50 minute confidential support sessions, (with both partners/individually). They have 50 Centres around the country and a £10 donation secures a position on their waiting list.

MIND Information Line Tel: 0300 123 3393 (Mon-Fri 9am-6pm) Text: 86463 www.mind.org.uk

Helpline provides information on all types of mental health problem, where to get help, medications and alternative treatments. Website gives details of your nearest centre.

NHS Direct Tel: 0845 46 47 Advice line www.nhs24.com

Information about health, illness and the NHS. Provides clinical advice to support self care and appropriate self-referral to NHS services.

Relate Tel: 0300 100 1234 www.relate.org.uk

Relationship counselling for adults whether as couples or individuals. Give advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone or website. Fees payable of £40 per hour or £25 for 30 minutes.

Relate for Young People Tel: 0300 100 1234 www.relate.org.uk

The young people's counselling service provides support for any young person experiencing problems at home or at school. See web page for 'relationship help' for children and young people'.

Resolution First Tel: 01689 820272 www.resolution.org.uk

A membership body of Family Lawyers committed to the constructive resolution of family disputes. Their website has information with details on topics such as parenting after parting, getting a divorce, living together (cohabiting), and domestic abuse.

Rights of Women Tel: 020 7251 6577 www.rightsofwomen.org.uk

Free specialist and confidential legal advice for women by female volunteer solicitors, barristers & trainee legal advisors. Please note lines are often engaged due to high demand.

Samaritans Tel: 116 123 (Freephone) www.samaritans.org

Free 24 hour helpline and email support for anyone experiencing any kind of difficulty – please note they are not just for people who are suicidal and/or depressed - as they offer support to everyone.

Silver Line Tel: 0800 470 80 90 www.thesilverline.org.uk

Confidential, free helpline for older people, (aged 50+). Offer information, friendship, advice and/or regular befriending calls. Also, protect and support anyone suffering abuse and neglect.

Teen Issues www.teenissues.co.uk

Website has information and guidance on teenage issues such as family life, relationships, education, exams, the environment, diet, fitness and mental health. On the website you can 'ask an expert', read true life stories, keep up-to-date with latest news or register for their monthly e-newsletter.

The Mix Tel: 0808 808 4994 www.themix.org.uk

Free telephone and email helpline providing emotional support for young people for under 25 year olds.

Young Minds (Parent's Information Line) Tel: 0808 802 5544 www.youngminds.org.uk

Free telephone support for parents/carers with concerns about the mental health and/or emotional well-being of a child or young person.