Child Bereavement UK

Supports children of death in families and supports those affected by baby or child death.

* <https://childbereavementuk.org/>

Cares UK

Cares UK aims to provide advice on a range of issues that young cares may encounter such as financial challenges.

* <https://www.carersuk.org>

Young Minds

Provide help on a wide range of mental health issues, with lots of online resources for parents and children.

* <https://youngminds.org.uk/>

Depression UK

A national self-help organisation that offers support to everyone affected by depression.

* <http://depressionuk.org/>

Anxiety UK

A national charity run by people with experience of anxiety aimed to support anyone affected.

* 08444 775 774
* <https://www.anxietyuk.org.uk/>

Drink Aware

An independent charity working in the UK to try and reduce alcohol misuse and harm.

* 0207 766 9900
* <https://www.drinkaware.co.uk/>

Samaritans

Free phone 24/7/356 for emotional support for those who want to talk about their feelings.

* 116 123
* [www.samaritans.org](http://www.samaritans.org)

Talk to Frank

As well as providing information on legal and illegal drugs, Talk to Frank also includes confidential, online live chat.

* <https://www.talktofrank.com/contact-frank>

DrugScience

An independent, science-led drugs charity that provides information on drugs and drug harm.

* <http://www.drugscience.org.uk/>

Counselling Directory

Provides a free, confidential directory of professional counsellors and therapists in the UK.

* 08448030240
* [www.counselling-directory.org.uk/](http://www.counselling-directory.org.uk/)

Adfam

Adfam provides information and support for families affected by drugs and alcohol.

* 0207 553 7640
* <https://adfam.org.uk/>

Rethink, Advice and Information service

Practical help and information on issues such as care, benefits, Mental Health Act, etc.

* 930am-4pm 03005000927

SaneLine

Out of hour mental health and emotional support for anyone affected by mental ill health.

* 6pm-11pm 7days a week 0300 304 7000

The following websites have useful information that you may wish to read should your child or someone else you know be in need of help or advice.

**Useful Sites for Parents**