

Organisation	Phone	Website
<b>NET AWARE</b> Parents guide to apps/games/social media sites to help keep children safe		<a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a>
<b>YOUNG MINDS</b> Support for parents when young people suffer poor mental health		<a href="https://youngminds.org.uk/find-help/for-parents-survival-guide">https://youngminds.org.uk/find-help/for-parents-survival-guide</a>
<b>FRANK</b> Honest information and advice about drugs and alcohol	0300 1236600  Text : 82111 24/7	<a href="https://talktofrank.com">https://talktofrank.com</a>
<b>DRINKLINE</b> Confidential information & advice for you or someone you are worried about	0300 1231110 Weekdays 9am-8pm Weekends 11am-4pm	
<b>CEOP</b> Reporting online sexual abuse or content		<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>
<b>SAMARITANS</b> Free confidential support line for people who are feeling depressed	116 123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
<b>101</b> Non-emergency police number <b>FOR EMERGENCIES DIAL 999</b>	101  15p Per Call	
<b>111</b> Non-emergency health advice.	111 Call if you are seriously worried about symptoms 24/7	<a href="https://nhs.uk/">https://nhs.uk/</a>  Use website if your enquiry isn't serious
<b>SelfHarm UK</b> Support with self harm issues		<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
<b>MONEY ADVICE SERVICE</b> Financial help and information	0800 1387777 Freephone	<a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a>
<b>STEPCHANGE</b> Debt Support Charity		<a href="https://www.stepchange.org/debt-info/emergency-funding.aspx">https://www.stepchange.org/debt-info/emergency-funding.aspx</a>