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-  Alcoholics Anonymous: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)
-  Barnardos: 020 8550 8822 [www.barnardos.org.uk](http://www.barnardos.org.uk)
-  Beating Eating Disorders: 0845 634 1414 [www.b-eat.co.uk](http://www.b-eat.co.uk)
-  Bullying UK: [www.bullying.co.uk](http://www.bullying.co.uk)
-  Care to Learn (Childcare support for young learners): [www.gov.uk/care-to-learn](http://www.gov.uk/care-to-learn)
-  Child Accident Prevention Trust (CAPT): 020 7608 3828 [www.capt.org.uk](http://www.capt.org.uk)
-  ChildLine: 0800 1111 (Freephone) [www.childline.org.uk](http://www.childline.org.uk)
-  CRUSE Bereavement Care: 0844 477 9400 [www.cruse.org.uk](http://www.cruse.org.uk)
-  CRY-SIS Helpline: 08451 228 669 [www.cry-sis.org.uk](http://www.cry-sis.org.uk)
-  Family & Friends of Lesbians & Gays (FFLAG): 0845 652 0311 [www.fflag.org.uk](http://www.fflag.org.uk)
-  Family Planning Association (FPA): [www.fpa.org.uk](http://www.fpa.org.uk)
-  Family Rights Group: 0808 801 0366 [www.frg.org.uk](http://www.frg.org.uk)
-  Kidscape (for parents of bullied children): 020 7730 3300 [www.kidscape.org.uk](http://www.kidscape.org.uk)
-  Learn Direct: 0800 100 900 [www.learndirect.com](http://www.learndirect.com)
-  Message Home (for young people to get a message to their parents): 0800 700 740
-  Missing Persons Helpline: (24 hrs - Freephone) 116 000 [www.missingpeople.org.uk](http://www.missingpeople.org.uk)
-  National Alcohol Helpline (Drinkline): 0300 123 1110
-  National Domestic Violence Helpline: 0808 2000 247 [www.womensaid.org.uk](http://www.womensaid.org.uk)  
[www.refuge.org.uk](http://www.refuge.org.uk)
-  National Drugs Helpline (FRANK): 0300 123 6600 [www.talktofrank.com](http://www.talktofrank.com)

-  NHS Direct: NHS direct was dissolved on 31st March 2014. For non-emergency queries call 111
-  NSPCC: 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)
-  One Parent Families / Gingerbread: 0808 802 0925 [www.gingerbread.org.uk](http://www.gingerbread.org.uk)
-  Parentline Plus / Family Lives : 0808 800 2222 [www.familylives.org.uk](http://www.familylives.org.uk)
-  Police: 999 (in an emergency)
-  Royal Society for the Prevention of Accidents (RoSPA): 0121 248 2000  
[www.rospa.co.uk](http://www.rospa.co.uk)
-  Samaritans: 08457 90 90 90 [www.samaritans.org.uk](http://www.samaritans.org.uk)
-  Sexwise Helpline: 0800 28 29 30
-  Shelterline: 0300 330 1234 [www.shelter.org.uk](http://www.shelter.org.uk)
-  SureStart: [www.gov.uk/find-sure-start-childrens-centre](http://www.gov.uk/find-sure-start-childrens-centre)
-  Turning Point: 020 7481 7600 [www.turning-point.co.uk](http://www.turning-point.co.uk)
-  Youth Justice Board for England & Wales: 020 3334 5300 [www.justice.gov.uk](http://www.justice.gov.uk)