

Guide to Sources of Support

This brief guide has been compiled to enable educators and youth workers to signpost young people to appropriate sources of support.



For Children and Young People

ChildLine - 24 hour confidential listening services for children - Tel: **0800 1111** Website: www.childline.org.uk

The Hideout - Women's Aid's dedicated website giving information and support regarding domestic violence for children and young people – Website: www.thehideout.org.uk

There 4 Me – NSPCC offers confidential online counselling -Website: www.there4me.com

For Parents

Parent Line Plus – 24 hour helpline offering support for parents under stress- Tel: **0800 800 2222** Website: www.parentlineplus.org.uk

Domestic Abuse

National Domestic Violence Helpline – Free 24 hour support for people experiencing Domestic Violence – Tel: **0808 2000 247**

The Men's Advice Line – advice and support for men in abusive relationships – Tel: 0808 801 0327 Website: www.mensadviceline.org.uk

Broken Rainbow – Service for lesbian, gay, bisexual and transgender people experiencing Domestic Abuse – Tel: **0845 60 44 60**

Rape and Sexual Assault

Rape Crisis – offers a range of services to survivors of rape and other kinds of sexual violence – Tel: **0808 802 9999** Website: www.rapecrisis.org.uk

Perpetrators

Respect – help for the perpetrators of abuse- Tel: **0808 802 4040** Website: www.respectphoneline.org.uk