

Details of places you can contact if you are looking for further support or information (April 2024):

## Local Authority

### Wolverhampton Information, Advice and Support Service SEND (Gem Centre)

Telephone: 01902 556945

E-mail: [ias.service@wolverhampton.gov.uk](mailto:ias.service@wolverhampton.gov.uk)

### Wolverhampton Social Services

Telephone: 01902 555392

### Pupil Services Team (Home to school Transport)

Telephone: 01902 554154

E-mail: [admin.travelunit@wolverhampton.gov.uk](mailto:admin.travelunit@wolverhampton.gov.uk)

### Wolverhampton Connexions – Careers, guidance and support

Telephone: 01902 554499

E-mail: [connexions@wolverhampton.gov.uk](mailto:connexions@wolverhampton.gov.uk).

## Action for Children

Phone: 0300 1232112 [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Charity supporting children, young people and their families across England.

## Anxiety UK

Phone: 03444 775 774 (Mon–Fri)

[anxietyuk.org.uk](http://anxietyuk.org.uk) Charity providing support if you've been diagnosed with an anxiety condition.

## Beat

Phone: 0808 801 0677 (every day) [beateatingdisorders.co.uk](http://beateatingdisorders.co.uk)

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

## CALM

Phone: 0800 58 58 58

The Campaign Against Living Miserably is for men who are feeling low or in crisis.

## Centrepoint

Phone (age 16–25): 0808 800 0661

[centrepoint.org.uk](http://centrepoint.org.uk) Advice, housing and support for young people, with a helpline and webchat.

## Childline

Phone: 0800 1111

[childline.org.uk](http://childline.org.uk) Free 1-to-1 support, 24-hour helpline for children and young people in the UK.

## Frank

Phone: 0300 123 6600 Text: 82111 [talktofrank.com](http://talktofrank.com)

Confidential webchat, helpline, advice and information on drugs and substance misuse.

## HeadMeds

Text: YM85258 Clear information on mental health medication for young people.

## Hope Again

Phone: 0808 808 1677 Email: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

[hopeagain.org.uk](http://hopeagain.org.uk) Support for young people when someone dies.

## Hub of Hope

[hubofhope.co.uk](http://hubofhope.co.uk)

A national database of mental health charities and organisations from across Britain who offer mental health advice and support.

## Kooth

[kooth.com](http://kooth.com)

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.

## Mencap

Phone: 0808 808 1111

[mencap.org.uk](http://mencap.org.uk) Information advice for people with a learning disability, their families and carers.

## NHS Go

[nhs.go.uk](http://nhs.go.uk) NHS confidential health advice and support for 16–25 year olds. Download the app to your phone.

## No Panic

**Phone (ages 13–20):** 0300 772 9844 [nopanic.org.uk/no-panic-youth-hub](https://nopanic.org.uk/no-panic-youth-hub)

Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

## NSPCC

**Phone:** 0800 1111

[nspcc.org.uk](https://nspcc.org.uk) **Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Specialising in child protection and the prevention of cruelty to children.

## OCD

[ocdyouth.org](https://ocdyouth.org)

**Email:** [youthhelpline@ocdaction.org.uk](mailto:youthhelpline@ocdaction.org.uk)

Youth Support for young people with obsessive-compulsive disorder (OCD).

## On My Mind

[annafreud.org/on-my-mind](https://annafreud.org/on-my-mind)

Information for young people to make informed choices about their mental health and wellbeing.

## Refuge

**Phone:** 0808 200 0247

[refuge.org.uk](https://refuge.org.uk) Help and support for young people affected by domestic violence.

## Relate

**Phone:** 0300 003096 [relate.org.uk](https://relate.org.uk) (put in your local area and give them a call) Professional, confidential, relationship support.

## Rethink Mental Illness

**Phone:** 0808 8010525 (Mon–Fri)

[rethink.org](https://rethink.org) Support & advice for people with mental health problems & their friends & families.

## Safeline

**Phone:** 0808 800 5005

[safeline.org.uk](https://safeline.org.uk)

Young people's helpline, helping survivors of sexual abuse and rape.

## Samaritans

**Phone:** free: 116 123    [samaritans.org.uk](https://www.samaritans.org.uk)

Free 24-hour helpline. Confidential support for people experiencing feelings of distress or despair, including suicidal feelings.

## Shelter

[shelter.org.uk/youngpeople](https://www.shelter.org.uk/youngpeople) Phone 0808 8004444

Charity working for people in housing need by providing free, independent, expert housing advice.

## The Mix

**Phone:** 0808 808 4994

[themix.org.uk](https://www.themix.org.uk) Support and advice for under 25s, including webchat.

## Time to Change

[time-to-change.org.uk](https://www.time-to-change.org.uk)

Download resources to raise awareness of mental health stigma and find out more about mental health.

## Victim Support

**Phone:** 0808 168 9111

[victimsupport.org.uk](https://www.victimsupport.org.uk) Support for victims of crime.

## Voice Collective

**Phone:** 020 7911 0822

[voicecollective.co.uk](https://www.voicecollective.co.uk)

A UK-wide project that supports children and young people who hear voices, see visions, and have other 'unusual' sensory experiences.

## Women's Aid

**Phone:** 0121 553 0090

[womensaid.org.uk](https://www.womensaid.org.uk) National domestic violence website.

## YoungMinds

[youngminds.org.uk](https://www.youngminds.org.uk) For information about different mental health problems.

**Young Stonewall** [youngstonewall.org.uk](https://www.youngstonewall.org.uk) Information and support for all young lesbian, gay, bi and trans people.