




Helplines, apps and websites to support parents

	Phone 	Website 	Online chat 
NetAware Parents' guide to apps/games/social media sites to help keep children safe		https://www.net-aware.org.uk/	
Shout Crisis text messenger service	Text 85258 24/7 Free on most networks	https://www.giveusashout.org/get-help/	
IMAlive Online crisis messenger service (based in US)	24/7	https://www.imalive.org/	✓
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
CEOP Reporting online sexual abuse or content		https://www.ceop.police.uk/safety-centre/	
Samaritans Free confidential support line for people who are feeling desperate	116 123	https://www.samaritans.org/	On its way! Chat will be available soon.

<p>Pace Telephone support and secure online forum for parents of exploited children</p>	<p>0113 240 5226</p> <p>Office hours</p> <p>£</p>	<p>https://paceuk.info/for-parents/</p>	
<p>SelfHarm UK Support with self-harm issues</p>	<p>X</p>	<p>www.selfharm.co.uk</p>	
<p>Refuge Domestic abuse helpline and online support and information</p>	<p>0808 2000 247</p> <p>Free</p> <p>24/7</p>	<p>https://www.nationaldahelpline.org.uk/</p>	
<p>Young Minds Support for parents when young people suffer poor mental health</p>		<p>https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/</p>	
<p>101 Non-emergency Police number. For emergencies DIAL 999.</p>	<p>101</p> <p>15p per call</p>		
<p>111 <u>Non-emergency</u> health advice. For emergencies DIAL 999.</p>	<p>111</p> <p>Call if you are seriously worried about symptoms</p> <p>24/7 free</p>	<p>https://111.nhs.uk/</p> <p>Use website if your enquiry isn't serious</p>	