



## Useful Contacts

### General Advice & Information

National Youth Agency  
[www.nya.org.uk](http://www.nya.org.uk)

The Mix  
[www.themix.org.uk](http://www.themix.org.uk)

Health, Wellbeing & Support Groups  
Asthma Helpline  
[www.asthma.org.uk](http://www.asthma.org.uk)

Beat – eating disorders  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

CALM  
[www.thecalmzone.net](http://www.thecalmzone.net)

Carers Trust  
[www.carers.org.uk](http://www.carers.org.uk)

Childline  
[www.childline.org.uk](http://www.childline.org.uk)

Childnet International  
[www.childnet.com/youngpeople](http://www.childnet.com/youngpeople)

Crime Stoppers  
[www.crimestoppers.org.uk](http://www.crimestoppers.org.uk)

Ditch the Label  
[www.ditchthelabel.org](http://www.ditchthelabel.org)

Drinkline  
[www.patient.info/support/drinkline](http://www.patient.info/support/drinkline)

Frank drugs helpline  
[www.talktofrank.com](http://www.talktofrank.com)

Hope Again  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Macmillan Cancer  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

Youth Access  
[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

Mind  
[www.mind.org.uk](http://www.mind.org.uk)

MindMate  
[www.mindmate.org.uk](http://www.mindmate.org.uk)

Missing People  
[www.missingpeople.org.uk](http://www.missingpeople.org.uk)

NHS Choices  
[www.nhs.uk](http://www.nhs.uk)

Rape & Sexual Abuse  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Relate  
[www.relate.org.uk](http://www.relate.org.uk)

Samaritans  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

Shelter  
[www.shelter.org.uk](http://www.shelter.org.uk)

The Hideout  
[www.thehideout.org.uk](http://www.thehideout.org.uk)

The Market Place  
[www.themarketplaceleeds.org.uk](http://www.themarketplaceleeds.org.uk)

Tess (for girls)  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Victim Support  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

WGN (for girls)  
[www.wgn.org.uk](http://www.wgn.org.uk)

Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



## **Youth Involvement/Participation**

British Youth Council  
[www.bycorg.uk](http://www.bycorg.uk)

Student Action for Refugees  
[www.star-network.org.uk](http://www.star-network.org.uk)

World Bank  
[www.worldbank.org](http://www.worldbank.org)

Coram Voice  
[www.coramvoice.org.uk](http://www.coramvoice.org.uk)

UK Young Ambassadors  
[www.ukya.org.uk](http://www.ukya.org.uk)