

WEB SITES WITH INFORMATION AND SUPPORT FOR YOUNG PEOPLE

General Help and Support

www.childline.org.uk/pages/home.aspx Phone and online support for all young people.

www.supportline.org.uk/index.php Help line and information on agencies offering support on a wide range of topics

www.getconnected.org.uk/ Resources and sign posting for young people. Confidential web chat.

Abuse

If you or someone else is being abused you can call **Child line** on 0800 1111, or tell a teacher, the school counsellor or someone you trust.

www.childline.org.uk/pages/home.aspx

<http://www.youngminds.org.uk/young-people/how-are-you-feeling/health/abuse>

Alcohol, Drugs, & Smoking

Help and support for young people concerned about how they or someone else is using alcohol and drugs

www.talktofrank.com/home_html.aspx?id=274

www.y-smart.org.uk/links.htm

Body Image and Self-esteem

www.completelygorgeous.com.au/ Australian site with info on body- image, self-esteem, help with eating problems and lots more.

www.about-face.org/

US site offering support for young women struggling to have the “right” image.

Bullying

www.bullying.co.uk/ Help and support for young people affected by bullying.

www.stopcyberbullying.org/kids/index.html Help for people with online safety

www.thinkuknow.co.uk/ Guidance and support for staying safe online

Depression

www.moodgym.anu.edu.au An interactive program for preventing and coping with depression that teaches self-help skills drawn from cognitive behaviour therapy.

www.bluepages.anu.edu.au/ Provides information on treatments for depression based on the latest scientific evidence, as well as symptom quizzes and relaxation downloads, and links to other helpful resources.

Eating Problems

www.youngminds.org.uk/young-people/how-are-you-feeling information and how to get help if you are worried about your relationship with food.

www.b-eat.co.uk/Home information, help-lines, online support and self-help groups for young people concerned about eating disorders.

www.swedauk.org/students/student_index.htm South west support for young people trying to manage an eating disorder while in education or training.

www.boyanorexia.com/

Support for boys with eating disorders and their families

Emotional and Mental Health

www.youngminds.org.uk/young-people/how-are-you-feeling An extensive web site with lots of information and support for young people worried about a range of issues including abuse, anger, anxiety, anorexia nervosa, autism and aspergers, bulimia, depression and self-harm. Use the search facility if you can't find what you are looking for.

Family

Including adoption, bereavement, child abuse, divorce, domestic abuse, foster care, young carers

www.womensaid.org.uk/default.asp Help for people worried about abusive relationships

www.thehideout.org.uk/default.aspa/ for young people affected by domestic abuse

Friends and Relationships

www.devon.gov.uk/index/urdevon-menu/yp-families.htm

Information on families, sex, and relationships

www.kidscape.org.uk/childrenteens/makingfriends/1makingfriends.shtml

Advice from Kidscape on making and keeping friends.

Healthy Eating and Exercise

www.bbc.co.uk/health/treatments/healthy_living/fitness/motivation_young.shtml

www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx

www.yheart.net/yheart/default.aspx?page=1

Sexual Health

www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx

www.bbc.co.uk/health/physical_health/sexual_health/

www.brook.org.uk/

Sexual Orientation

www.mindingyourhead.info/young-people/sexual-orientation

www.youngstonewall.org.uk/

www.intercomtrust.org.uk/portal.htm

www.pflag.co.uk/localsupport.htm

Your Rights Information on the rights and responsibilities of young people

www.lawstuff.org.uk/

www.childrenslegalcentre.com/

www.youngminds.org.uk/my-head-hurts/my-head-hurts/your-rights

www.adviceguide.org.uk/index/your_rights/legal_system/young_people_and_the_law.htm