

## National Organisations & Useful Websites

- **Childline** – for teenagers too! Personal online support, tips and advice on a wide range of issues, including exam stress and bullying.  
<http://www.childline.org.uk>  
Telephone: 0800 1111 (24 Hours)
- **Depression Alliance** – a leading charity for people suffering from depression,  
<http://www.depressionalliance.org>
- **MIND** – a large and influential mental health charity. Young Minds is their site for young people.  
<http://www.mind.org.uk>  
<http://www.youngminds.org.uk>
- **Rethink Mental Illness** – a large and influential mental health charity.  
<http://www.rethink.org>
- **The Samaritans** – emotional support for people experiencing distress or suicidal thoughts.  
<http://www.samaritans.org>  
Email:jo@samaritans.org  
Telephone: 08457 90 90 90 (24 Hours)
- **Time to Change** – a campaign to end mental health stigma and discrimination.  
<http://www.time-to-change.org.uk>
- **Women's aid** – advice and support for women suffering domestic or sexual violence.  
<http://www.womensaid.org.uk>  
Telephone: 0808 2000 247 (24 Hours)