



Support Services for Young People and their Families



Resource/ Website	What they provide	Link
	CEOP provide support for young people, parents and carers to keep children safe from sexual exploitation.	https://www.ceop.police.uk/safety-centre/
	NSPCC provide therapeutic services to help children move on from abuse, as well as supporting parents and families in caring for their children.	https://www.nspcc.org.uk/keeping-children-safe/
	UK Safer Internet Centre promotes and provides support on how to ensure safer and responsible use of technology for young people.	https://www.saferinternet.org.uk/advice-centre/parents-and-carers
	Internet Matters offers expert support and practical tips to help children and their parents benefit from connected technology and the internet safely and smartly.	https://www.internetmatters.org/advice/
	Parent Talk provides support for parents on their children's emotional well-being, behaviour, learning, sleep and nutrition. They also provide free 1:1 online chat support with professional coaches.	https://parents.actionforchildren.org.uk/
	Papyrus is a national charity dedicated to the prevention of young suicide - providing confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.	www.papyrus-uk.org
	Samaritans provide confidential support for people experiencing feelings of distress or despair.	http://www.samaritans.org/
	Sane provide emotional support, information and guidance for people affected by mental illness, their families and carers.	http://www.sane.org.uk/support
	Information on child and adolescent mental health. Services for parents and professionals.	www.youngminds.org.uk
	Charity working with people with a learning disability, their families and carers.	www.mencap.org.uk
	Childline provides articles and online support to help anyone under 19 in the UK with any issue they may be going through.	https://www.childline.org.uk/
	Mind is a charity provides support and guidance on mental health	https://www.mind.org.uk/