

Helplines for students/parents/carers

Are you a young person in crisis?

- Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.
- If you need urgent help, text Y to 85258

<https://youngminds.org.uk/find-help/get-urgent-help/>

ChatHealth - Norfolk based

If you're 11-19 you can text ChatHealth for advice and guidance.

Text: ChatHealth Norfolk on 07480 635060

Advice on the go

Kooth - If you're 11 – 25 yrs you can get advice and help on the go, 7 days a week until 10 pm.

Visit: www.kooth.com

Drugs:

Norfolk based Matthew Project - Unity Service which supports young people who are using substances themselves or if they are affected by someone else's substance misuse.

[Unity | The Matthew Project](#)

FRANK (National Drugs helpline) that give general advice and information. Open 24 hours.

Or call 0300 1236600

<https://www.talktofrank.com>

CSE:

There is the Norfolk ROSE project (Reaching Out on Sexual Exploitation)

[Rose Project | The Magdalene Group](#)

Online exploitation:

If they are concerned, they are being exploited online, they can report directly to CEOP

via <https://www.ceop.police.uk/safety-centre>

For more information about online exploitation, they can visit CEOP 'Thinkuknow' website

[Home | CEOP Education \(thinkuknow.co.uk\)](#)

Sexual abuse:

The Harbour Centre Sexual Assault Referral Centre (SARC) provides free support to all those who have been affected by sexual abuse both recently and in the past.

[The Harbour Centre](#)

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Sexual Assault helpline:

Sexual assault referral centre: Specialist medical and forensic services for anyone who has been raped or sexually assaulted.

<https://www.thesurvivorstrust.org/sarc>

Or call 08088 010818

Suicide Prevention:

Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline: HOPELINEUK 0800 068 4141

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](https://www.papyrus-uk.org)

111 option 2 for mental health crisis support

Samaritans 116 123