

# Here to help you

A problem

shared...

## School life and work opportunities



- [National Citizen Service \(15-17\)](#)  
A chance to embark on exhilarating challenges, and build skills for work and life.
- [Success at School \(13-19\)](#)  
The place for young people to explore careers, get the lowdown on top employers, and search for the latest jobs, courses and advice.
- [Not Going to Uni](#)  
The one stop site for apprenticeships, gap years, distance learning and jobs
- [BBC Revision Tips](#)
- [Do-It](#)  
Find your perfect volunteering opportunity or charity job.
- [vInspired](#)  
Leaders in youth volunteer opportunities
- [Find Apprenticeship \(14-19\)](#)  
Search and apply for an apprenticeship in England
- [National Careers Service \(13-19\)](#)  
Provides career advice and information on a wide range of jobs, training courses and funding. Specific section for 13-19 year olds.
- [Volunteer Centre \(Evesham\) or Volunteer Centre \(Pershore\)](#)  
Recruit, advise and guide those willing to undertake voluntary work, and acting as a central point for anyone needing help or advice may be directed to the appropriate agency.
- [Worcestershire Skills Centre](#)  
Information on work placements, employment opportunities and training and development.

## Democracy

- [Worcestershire Youth Cabinet \(11-18\)](#)  
A group of elected young people who aim to provide all of the young people who live in Worcestershire with a voice; a voice that is heard and listened to by local, regional and national government



## Sex, gender and relationships

- [Brook Advisory Clinic \(under 25\)](#)  
A service providing sexual health information, support and signposting anywhere in the UK. Get information and support also available from [Ask Brook](#) via text or webchat.
- [LGBT Youth](#)  
The largest youth and community-based organisation supporting lesbian, gay, bisexual and transgender young people in Scotland. You can get in touch with them in a number of ways if you have a question, need advice or support, or are just looking for someone to talk to.
- [Being Gay is Okay \(under 25\)](#)  
Practical advice and information about homosexuality, and cutting through the stereotypes and negativity around it. bgiok aims to help young people feel better about their sexuality and about the person they are beyond that.
- [Sex. Worth Talking About](#)  
Talking about sex doesn't have to be as difficult as you think. Information and advice on contraceptive choices, STIs, chlamydia testing, understanding sex and sexual health. Let's get talking about sex.
- [Don't Pass it On \(16-24\)](#)  
The online chlamydia screening service for 16 – 24 year olds.
- [Playin' It Safe](#)  
Everything you need to know about sexual health and relationships. Free and confidential advice.
- [The Crush Project \(13-19\)](#)  
An awareness raising and support programme to help and empower young people make safe and healthy relationships.
- [Mermaids](#)  
Family and individual support for teenagers and children with gender identity issues.
- [West Mercia Rape & Sexual Abuse Support Centre \(11 and above\)](#)  
A private and confidential service for children and young people aged 11 years and over. You can contact them if you have experienced any form of sexual abuse or touching, or are worried about something.

## Alcohol and drugs

- [Swanswell](#)  
A national alcohol and drug charity that helps people change and be happy.

- [Young Addaction \(10-17\)](#)  
Supporting young people to understand the effects of their substance misuse and the harm it can cause to them and the people around them
- [The Cool Spot \(11-13\)](#)  
The young teens place for information on alcohol and resisting peer pressure
- [Youth Support and Advocacy Service](#)  
YSAS aims to enable young people with substance dependence and misuse issues and mental illness to take control of their health and wellbeing. Also has a free, confidential 24hour helpline.
- [Re-Solv](#)  
Working to end volatile substance abuse and support those whose lives are affected by these and other 'legal' highs
- [Talk to Frank](#)  
National drugs awareness site for young people. Informing you about the highs, the lows and everything inbetween.
- [The National Association for Children of Alcoholics](#)  
Providing information, advice and support for everyone affected by a parent's drinking through a free and confidential telephone and email helpline.
- [Children of Addicted Parents \(7-30\)](#)  
An online community for young people, ranging from 7 to 30 years of age, that have concerns (no matter how big or small they may be) about another family member's addiction.

## Physical health

- [NHS Choices](#)  
Provides a comprehensive health information service with thousands of articles, videos and tools helping you to make the best choices about your health and lifestyle.
- [Change4Life](#)  
Provides loads of healthy eating tips, recipes, and fun ways to exercise to help you eat well and move more.

## Emotional wellbeing and mental health

- [Anxiety UK](#)  
The **Stressed Out** project is designed to support young people who are experiencing anxiety and stress. There are a number of services that are designed for young people which can be accessed by becoming a member of Anxiety UK.
- [Bully Watch](#)  
Bully-Watch is the complete anti-bullying solution, allowing young people to easily report bullying in confidence from a safe environment.
- [BEAT](#)  
The UK's leading charity supporting anyone affected by eating disorders or any other difficulties with food, weight and shape. Separate Young Person's message board for those under the age of 18.

- [Doc Ready](#)  
Helping to get you ready for the first time you visit a doctor to discuss your mental health. Get info and advice and build your own checklist.
- [Hope Again](#)  
Cruse Bereavement Care's website for young people. Providing support, information and advice to children and young adults when someone close to them dies.
- [Samaritans](#)  
Enabling you to talk to someone anytime you like, in your own way, and off the record - about whatever's getting to you. You don't have to be suicidal.
- [OCD Youth \(under 25\)](#)  
Run by young people with Obsessive Compulsive Disorder (OCD), for young people with OCD. Aiming to increase awareness and access to support for anyone under the age of 25 affected by OCD.
- [HeadMeds](#)  
Giving you straight talk on mental health medication. However please note, HeadMeds does **not** give you medical advice.
- [Self Harm UK \(11-19\)](#)  
A project dedicated to supporting young people impacted by self harm, providing a safe place to talk and ask questions.
- [Alumina \(14-18\)](#)  
Online support group started by Self Harm UK. It doesn't matter how long you have been self-harming, or what it means to you, Alumina is the opportunity to think more about it and work out what your next step might be.
- [Young Minds](#)  
UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people
- [Papyrus UK \(under 35\)](#)  
The national charity for the prevention of young suicide. Also providing confidential support and suicide intervention through HOPELineUK – a specialist telephone helpline service.

## Friends, family and home

- [Babble \(under 18\)](#)  
Created by Carers Trust. Join Babble to chat, have fun and share experiences with other young carers. Also access information and support online from an expert team.
- [Matter \(16-25\)](#)  
Created by Carers Trust to provide online space for young adult carers to connect, share their experiences, and access trusted support.
- [Nightstop UK \(16-25\)](#)  
Provides a bed for the night for young people who need it, in a moment of crisis; preventing young people from sleeping rough, "sofa surfing" or staying in unsuitable accommodation.
- [The Hideout \(under 21\)](#)  
Created by Women's aid to help children and young people understand domestic abuse, and how to take positive action if it's happening to you.

- **Refuge**  
A national charity which provides a wide range of specialist domestic violence services to women and children experiencing domestic violence. They also run the Freephone 24-Hour National Domestic Violence Helpline.
- **Runaway Helpline**  
Provides information, help, support and options if you're thinking of running away or if you're already away.

## All In One Support Services

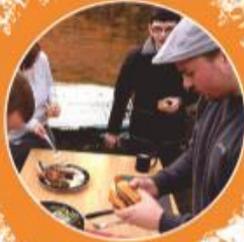
- **Childline (under 19)**  
A private and confidential service for children and young people. Here you will find information on a whole range of issues and can contact a Childline Counsellor – no problem is too big or too small.
- **Get Connected UK (under 25)**  
Free, confidential helpline service for young people who need help, but don't know which way to turn.
- **The Mix (16-25)**  
The online guide to life delivered by YouthNet UK, offering straight talking emotional support 24 hours a day.
- **Fixers**  
Young people fixing the future using their past. Fixers choose the issue they want to fix and, using the skills of a team of creative experts, they work out how to make sure their message is heard by the right people. Anyone can become a fixer.
- **Youth Health Talk**  
Reliable information for young people from young people. Providing free information about health issues by sharing people's real life experiences.
- **Rise Above**  
You will find interesting and useful stuff from the web and beyond to get you all talking about the things that matter to you. You'll find inspiring and useful stories, videos, games and advice.
- **Teenage Helpline**  
Providing advice and support on a variety of issues. You can talk to a friendly mentor at any time; all conversations are completely private.
- **4 Children - Wychavon Early Help**  
A national charity all about children and families with local services in Droitwich, Pershore and Evesham.
- **Teen Issues**  
Aims to address all of the perils and pitfalls that come with being a teen, and become the premier resource offering teens interesting features, practical advice, and basic answers to all of their own questions.

## Drop-In Centres and places to go



Youth Providers across the Wychavon area

- **Wychavon Youth Bus**  
[www.wychavon.gov.uk/youthbus](http://www.wychavon.gov.uk/youthbus)
- **Outside Centre (Evesham)**  
<http://outside.org.uk>
- **Wallace House (Evesham)**  
[www.wallacehouse.org.uk](http://www.wallacehouse.org.uk)
- **Pershore Riverside Centre**  
[www.pershoreriversidecentre.org](http://www.pershoreriversidecentre.org)
- **Droitwich Action for Future Youth**



## Getting help if you have a problem

We know that some young people are hurt, abused and frightened. If you are worried that you or a friend may be in need of protection please contact the Access Centre on 01905 822666 (Monday to Friday 8.30-5pm). For assistance out of hours contact 01905 768020. If you feel the young person is at immediate risk from harm then contact the police on 999. We can't help anyone, unless we know they need help.

[www.worcestershire.gov.uk/info/20054/safeguarding\\_children](http://www.worcestershire.gov.uk/info/20054/safeguarding_children)

## and remember...

It can be very difficult to talk about your feelings and what's happening in your life, but ignoring a problem will not make it go away. So do check out the websites for further support and information.

You can also talk to staff on the Youth Bus if you want more information on any of these topics:

 [www.wychavon.gov.uk/youthbus](http://www.wychavon.gov.uk/youthbus) - 'Here 2 Help You'

 **Rob Mace** - 07773 031205

 [youthbus@wychavon.gov.uk](mailto:youthbus@wychavon.gov.uk)

**AGES  
12-18**



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