<table>
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<tr>
<th>Friends, family and home</th>
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- **Nightstop UK** | [www.nightstop.org.uk](http://www.nightstop.org.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** | [www.thehideout.org.uk](http://www.thehideout.org.uk) (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** | [www.refuge.org.uk](http://www.refuge.org.uk)
  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 in partnership with Women’s Aid.

### All in One Support Services

- **Childline** | [www.childline.org.uk](http://www.childline.org.uk) (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**
  [www.getconnected.org.uk](http://www.getconnected.org.uk) (under 25)
  Free, confidential helpline service for young people who need help, but don’t know which way to turn.

- **The Site** | [www.thesite.org.uk](http://www.thesite.org.uk) (16-25)
  The online guide to life delivered by YouthNet UK, offering straight talking emotional support 24 hours a day.

- **Teenage Helpline** | [www.teenagehelpline.org.uk](http://www.teenagehelpline.org.uk)
  Providing advice and support on a variety of issues. You can talk to a friendly mentor at any time; all conversations are completely private.

- **4Children – Wychavon Early Help**
  [www.4children.org.uk](http://www.4children.org.uk)
  A national charity all about children and families with local services in Droitwich, Pershore and Evesham.

### 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)
- **Ourside Centre (Evesham)**
  [http://ourside.org.uk](http://ourside.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.worcestshire.gov.uk/info/20054/safeguarding_children](http://www.worcestshire.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

Leaflet produced by Charlotte Rainey for the Wychavon Youth Bus and University of Worcester April 2016.

For further copies please email: heretohelpyou@wychavon.gov.uk
Introduction

Here on the Youth Bus we want to make sure that you feel fully supported in all aspects of your life. We know that your well being is important so we have put together this handy little leaflet to inform you about the many organisations that provide online support and advice for young people.

To make it easier to find what you’re looking for we have divided the information into 9 different categories covering a range of topics from alcohol awareness, health and lifestyles right through to emotional wellbeing and jobs and careers.

Sex, gender and relationships

• **Playin’ It Safe |** [www.playinitsafe.co.uk](http://www.playinitsafe.co.uk)
  Everything you need to know about sexual health and relationships. Free and confidential advice.

• **The Crush Project |** [www.westmerciawomensaid.org/crush](http://www.westmerciawomensaid.org/crush)
  An awareness raising and support programme to help and empower young people make safe and healthy relationships.

• **Mermaids |** [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)
  Family and individual support for teenagers and children with gender identity issues.

• **West Mercia Rape & Sexual Abuse Support Centre |** [www.wmrsasc.org.uk/children-and-young-people](http://www.wmrsasc.org.uk/children-and-young-people)
  (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.

School life and work opportunities

• **National Careers Service |** [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)
  (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 Centres (Evesham, Pershore or Droitwich) |**
  [www.eveshamvolunteers.org.uk](http://www.eveshamvolunteers.org.uk)
  [www.pershorevolunteers.org/home](http://www.pershorevolunteers.org/home)
  [www.droitwichcvs.org.uk](http://www.droitwichcvs.org.uk)
  (11 and above)
  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 Central |** [www.worcestershireskillscentral.co.uk](http://www.worcestershireskillscentral.co.uk)
  Information on work placements, employment opportunities and training and development.

Alcohol and drugs

• **Talk to Frank |** [www.talktofrank.com](http://www.talktofrank.com)
  National drugs awareness site for young people. Informing you about the highs, the lows and everything inbetween.

• **The National Association for Children of Alcoholics |** [www.nacoa.org.uk](http://www.nacoa.org.uk)
  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 |** [www.coap.org.uk](http://www.coap.org.uk)
  (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.

• **Swanswell |** [www.swanswell.org/home](http://www.swanswell.org/home)
  A national alcohol and drug charity that helps people change and be happy.

Physical health

• **NHS Choices |** [www.nhs.uk](http://www.nhs.uk)
  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 |** [www.nhs.uk/Change4Life](http://www.nhs.uk/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

• **Bully Watch |** [www.bully-watch.co.uk](http://www.bully-watch.co.uk)
  Bully-Watch is the complete anti-bullying solution, allowing young people to easily report bullying in confidence from a safe environment.

• **BEAT |** [www.b-eat.co.uk](http://www.b-eat.co.uk)
  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.

• **OCD Youth |** [www.ocdyouth.org](http://www.ocdyouth.org) (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.

• **PAPYRUS |** [www.papyrus-uk.org](http://www.papyrus-uk.org) (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.

• **Self Harm UK |** [www.selfharm.co.uk](http://www.selfharm.co.uk) (11-19)
  A project dedicated to supporting young people impacted by self harm, providing a safe place to talk and ask questions.

• **YoungMinds |** [www.youngminds.org.uk](http://www.youngminds.org.uk)
  UK’s leading charity committed to improving the emotional wellbeing and mental health of children and young people.