

It's okay to ask for help

ANXIETY UK

ANXIETYUK.ORG.UK

03444 775 774 (HELPLINE)

07537 416 905 (TEXT)

NO PANIC

0330 606 1174

NOPANIC.ORG.UK/NO-PANIC-YOUTH-HUB

ON MY MIND

ANNAFREUD.ORG/ON-MY-MIND

OCD YOUTH

OCDYOUTH.ORG

SUPPORT FOR

OBSESSIVE-COMPULSIVE DISORDER (OCD).

Lets talk.....

MIND

TELEPHONE:03001233393

[HTTPS://WWW.STUDENTMINDS.ORG.UK/](https://www.studentminds.org.uk/)

[HTTPS://WWW.NIGHTLINE.AC.UK/](https://www.nightline.ac.uk/)

[WWW.MIND.ORG.UK](http://www.mind.org.uk)

[HTTPS://YOUNGMINDS.ORG.UK/](https://youngminds.org.uk/)

HUB OF HOPE

[HUBOFHOPE.CO.UK](http://hubofhope.co.uk)

KOOTH

[KOOTH.COM](http://kooth.com)

CALM

0800 58 58 58 (UK HELPLINE)

[THECALMZONE.NET](http://thecalmzone.net)

It's okay to not be okay.

SAMARITANS

TELEPHONE-116 123.

NHS CHOICES

WWW.NHS.UK

VISYON (CHESHIRE EAST)

WWW.VISYON.ORG.UK)

JUST DROP IN (MACCLESFIELD)

TELEPHONE- 01625 665079

WWW.JUSTDROPIN.CO.UK

CENTRAL YOUTH (STOCKPORT) -

ADVICE, INFORMATION, COUNSELLING

TELEPHONE-0161 480 9696 |

WWW.CENTRALYOUTH.ORG.UK

Support

CITIZENS ADVICE

WWW.CITIZENSADVICE.ORG.UK

DRINKLINE

WWW.DDCAB.ORG.UK

TELEPHONE-0800 917 8282 |

WWW.DRINKAWARE.CO.UK

WWW.ALCOHOLCONCERN.ORG.UK

FRANK

DRINK AND DRUG ABUSE SUPPORT

TELEPHONE-0300 123 6600

TALKTOFRANK.COM

CGL (MACCLESFIELD)

SUPPORTING ADDICTION

TELEPHONE-01625 464995

EASTCHESHIRE.INFO@CGL.ORG.UK

Want to talk...

BEAT

SUPPORT FOR EATING DISORDERS

0808 801 0711 (YOUTHLINE)

0808 801 0811 (STUDENTLINE)

BEATEATINGDISORDERS.CO.UK

HOPE AGAIN

SUPPORT WHEN SOMEONE DIES

0808 808 1677

HOPEAGAIN.ORG.UK

MENCAP

0808 808 1111

MENCAP.ORG.UK

INFORMATION AND ADVICE

FOR PEOPLE WITH A LEARNING DISABILITY,

FAMILIES AND CARERS

Help available

REFUGE

HELP AND SUPPORT FOR YOUNG PEOPLE
AFFECTED BY DOMESTIC VIOLENCE.

TELEPHONE-0808 200 0247

REFUGE.ORG.UK

YOUNG STONEWALL

SUPPORT FOR ALL YOUNG LESBIAN,
GAY, BI AND TRANS PEOPLE.

TELEPHONE-0800 050 2020

YOUNGSTONEWALL.ORG.UK

RASASC

SUPPORT FOR RAPE AND
SEXUAL ABUSE

TELEPHONE-CHESHIRE EAST:

01260 697900

WWW.RAPECENTRE.ORG.UK