

Useful Websites

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|  | <p>B-EAT - beating eating disorders - 0845 634 7650</p> |
|  | <p>Bromley Y – Counselling Support, Family Therapy, groups support etc.</p> |
|  | <p>Bromley Drug & Alcohol Support for young people</p> |
|  | <p>Bromley Wellbeing Service – Single point of access for emotional health and wellbeing, including a huge bank of resources on a wide range of issues affecting children and young people.</p> |
|  | <p>Bullying UK – information about bullying; verbal, physical and cyberbullying.</p> |
|  | <p>Child Exploitation and On-line Protection – Keeping children and young people safe from exploitation on-line, resources and advice for children & young people, parents/carers and professionals.</p> |
|  | <p>The Candle Project – St Christophers – supporting children and young people through loss and bereavement.</p> |

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|  | <p>Childline – A free point of contact for children and young people who need advice either online or via telephone on a wide range of issues, depression, abuse, bullying etc.</p> |
|  | <p>Frank – confidential information for anyone concerned about their own or someone else’s drug misuse - 0800 77 66 00</p> |
|  | <p>NSPCC (National Society for the Prevention of Cruelty to Children) – Keeping children and young people safe from a wide range of abusive situations.</p> |
|  | <p>TheSite.org – online guide for 16-25 years olds. Support and information on everything from sex and exam stress to debt and drugs.</p> |
|  | <p>Samaritans - Talk to The Samaritans any time you like, in your own way, and off the record – about whatever’s getting to you.</p> |
|  | <p>Stonewall – Information and advice for LGBT communities and their allies.</p> |
|  | <p>Young Minds – supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources across a whole spectrum of issues affecting children and young people.</p> |