

Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
Substance misuse	FRANK www.talktofrank.com :	Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.	Freephone 0300 123 6600 (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers)
	Young Minds www.youngminds.org.uk	Information for young People and Parents Join the online campaign – Talk about school stress, bullying, sexual pressure, unemployment, etc.	Parent Helpline: 0808 802 5544 (free for mobiles and landlines - Monday-Friday 9.30-4pm) Text: SHOUT to 85258
	The Mix	The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.	Helpline (ages 11-25): 0808 808 4994 - 4pm-11pm Monday to Friday
	NHS Self Help APP - Alcohol and You	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/
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