

Helpful Organisations

Phone numbers of helpful organisations:

Salford Young Carers Service

Open 9.30 - 12.30 Mon - Fri, 1pm - 3.30pm Mon, Tues & Thurs.
Tel: **0161 833 0217** Text: **07799 831711**

The Princess Royal Trust for Carers national website has an online chatroom and message board especially for young carers, plus help and advice. www.youngcarers.net

Children's Society's Young Carers' Initiative

Tel: **020 7841 4400** www.youngcarer.com

ChildLine is a free 24-hour helpline for children.

Tel: **0800 1111** www.childline.org.uk

NSPCC's free 24-hour helpline gives information & advice.

Tel: **0808 800 5000** www.nspcc.org.uk

The Samaritans have people to talk to 24 hours a day.

Tel: **08457 909090** www.samaritans.org

Youth Access has a directory of advice and counselling services in your area. Open 9am - 1pm and 2 - 5pm, Monday to Friday

Tel: **020 8772 9900** www.youthaccess.org.uk

NHS Direct (general health advice) **0845 4647**

Calm (service for anxiety and depression) open 5pm - 12 midnight Sat, Sun, Mon, Tuesday. Tel: **0800 585858**

www.thecalmzone.net NB: this service is for young men only

Mind & Young Minds (National Association for Mental Health, and special website and support for young people and mental health) Mind. Open 9.15am - 5.15pm Mon - Fri.

Tel: **0845 7660163**

www.mind.org.uk or www.youngminds.org.uk

Brook (sexual health advice) open Mon 5.30pm - 8.30pm, Tues, Wed, Thurs 3pm - 6pm, Fri 6.60pm - 8.30pm, Sat 10am - 12 noon. Tel: **0161 707 9550**