

Helplines Information Sheet



How does the brain develop through adolescence into adulthood?

Organisations that offer support on some of the issues raised in this questionnaire.

The Samaritans

Emotional support for everyone

Tel: 116 123 (Free, 24 hours)

www.samaritans.org

Alcoholics Anonymous

Runs support groups for people with alcohol related problems

Tel: 0800 9177 650

www.alcoholics-anonymous.org.uk

Women's Aid

Support for women experiencing domestic abuse

Tel: 0808 2000 247 (24 hours)

www.womensaid.org.uk

Men's Advice Line

Helpline for male victims of domestic violence

Tel: 0808 801 0327 (9am – 5pm Mon-Fri)

<http://www.mensadviceline.org.uk/>

FRANK

Friendly, confidential drugs advice

Tel: 0300 123 6600 (24 hours)

Text: 82111

www.talktofrank.com

Child Bereavement UK

Supports families when a baby or child dies or is dying, or when a child is facing bereavement

Tel: 0800 02 88840

<http://childbereavementuk.org/support/>

Mind

Advice and support for anyone with a mental health problem

Tel: 0300 123 3393 (9am – 6pm, Mon – Fri)

www.mind.org.uk

Text: 86463

Womankind

Supports women in Bristol with counselling, group psychotherapy & helpline service

0345 458 2914

www.womankindbristol.org.uk

The LGBT Foundation

Advice, support and information for lesbian, gay, bisexual, transsexual and transvestite people

Tel: 0345 330 30 30

<https://lgbt.foundation/>

Changes Bristol

Providing support groups for people suffering mental distress

Tel: 0117 941 1123

www.changesbristol.org.uk

Coping with Bereavement

NHS Choices website –

<http://www.nhs.uk/Livewell/bereavement/Pages/coping-with-bereavement.aspx>

For information, and services near you

Your local GP

Children of the 90s always recommend that you speak to your GP (doctor) if you have any concerns about your health

www.nhs.uk/service-search

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**Avon Longitudinal Study
of Parents and Children**