

Bullying

Help to prevent bullying
and child abuse



Childline

Freephone 0800 11 11
www.childline.org.uk

Kidscape

www.kidscape.org.uk

Bullying Online

www.bullying.co.uk

Other Services

Community Legal Services
Free information, advice and
help for young people

Telephone 0845 345 4346
www.clsdirect.org.uk

NSPCC

Child protection and the
prevention of cruelty to children

Telephone 0808 800 5000
www.nspcc.org.uk

Local Authority Children's Services

Telephone 0191 200 6262/
0191 200 6263 (out of hours)
www.northtyneside.gov.uk

Drugs/Addictions

Worried about drugs or alcohol?

N2L

Advice and support on drugs
and alcohol misuse
Telephone 0191 200 1253

NECA

Telephone 0191 383 0331

Talk to Frank

Telephone 0800 776 600
www.talktofrank.com

PADA

Telephone 08457 023 867
www.pada.org.uk

Al-Anon

Telephone 020 7403 0888
www.al-anonuk.org.uk

Mental Health

Child and Adolescent Mental
Health Services (CAMHS)

Advice and support on self-harm,
suicide and mental health issues.
For more information contact your
GP or Connexions Personal Adviser.

Volunteering

Young people can:

- put something back
- gain experience for their CV

For more information, contact:

VODA

Telephone 0191 200 8555
www.voda.org.uk

connexions

TYNE AND WEAR

Don't Panic

A parent's guide to teenage
support services



Money

Advice on benefits and support for staying in learning

Jobcentre Plus

Telephone 0191 220 5400
www.jobcentreplus.gov.uk



Including Jobcentres and social security offices

Education Maintenance Allowance

Telephone 080 810 16 2 19

Child Benefit Extension

Telephone 0845 302 1444
www.hmrc.gov.uk/childbenefit/

Financial Help for Students

www.dfes.gov.uk/financialhelp

Housing

Homelessness Prevention Service
Advice and support for young people threatened with homelessness
Wallsend

Telephone 0191 200 6614

Whitley Bay

Telephone 0191 200 8501

North Shields

Telephone 0191 200 5293

Forest Hall

Telephone 0191 200 7649

Barnardo's The BASE

A one-stop service for unemployed young people aged 16-25 years offering advice and support on ANY issue, including homelessness.

Telephone 0191 253 2127

CATalyst

A range of services providing accommodation, support and advice to homeless and disadvantaged young people.

Telephone 0191 253 6161

Health Promotion

Sexual health and contraception advice

One To One Centre

Information and advice on sex, relationships and contraception.

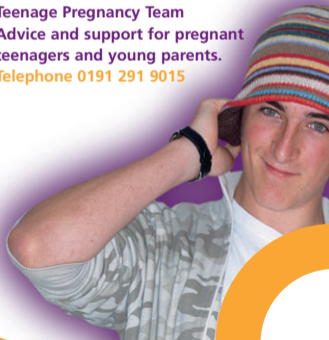
Telephone 0191 259 2519 or 0191 219 6610

www.ruthinking.co.uk

Teenage Pregnancy Team

Advice and support for pregnant teenagers and young parents.

Telephone 0191 291 9015



Health Promotion

Sexual health and contraception advice

Sexwise

Offers free, confidential advice on sex, relationships and contraception

Freephone 0800 28 29 30

www.ruthinking.co.uk

Emergency Contraception Helpline

Freephone 0800 494 847

Parentline Plus

Telephone 0808 800 2222

www.parentlineplus.org.uk

C-Card for free condoms

The C-Card scheme offers free condoms to people aged 25 and under. For more information and your nearest outlet, contact the Community Health Development Unit on

Telephone 0191 270 4510

Jobs and Courses

Connexions provides advice for young people on:

- jobs/job hunting
- training and education
- personal issues
- special needs support
- finance to support staying in learning
- local vacancies

Direct Line 0191 290 0415

www.connexions-tw.co.uk

Connexions Direct offers information and advice on a wide range of topics

Freephone 080 800 13 2 19

www.connexions-direct.com

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