

Think you might have a problem? Help is available!

Alcohol

Drink Line 0300 123 1110

Alcoholics Anonymous 0800 9177 650 www.alcoholics-anonymous.org.uk

Addaction Buckinghamshire www.addaction.org.uk/services/young-addaction-buckinghamshire
020 7251 5860 or 01296 331933 email: info@addaction.org.uk

Smoking

NHS Smoking Helpline 0300 123 1044 <http://smokefree.nhs.uk/>

Illegal Drugs

Call FRANK 0300 123 660 www.talktofrank.com

Release 020 7324 2989 www.release.org.uk email ask@release.org.uk

DrugWise www.drugwise.org.uk

Addaction Buckinghamshire www.addaction.org.uk/services/young-addaction-buckinghamshire
020 7251 5860 or 01296 331933 email: info@addaction.org.uk

Worried about a member of the family?

Relatives of alcohol or drug abusers

Families Anonymous Helpline 0845 1200 660 www.famanon.org.uk email...office@famanon.org.uk

Any Worries?

Adviza 01494 417300 www.connexionsbucks.org.uk

Information on: Careers; Learning; Health; Housing; Free time; Money; Relationships; Your Rights; Travel

Way In 01494 791177

Childline 0800 1111 Any problem 24 hours www.childline.org.uk

Samaritans 116 123 (free to call) www.samaritans.org

Sexual Health

brook www.brook.org.uk

www.sexualhealthbucks.nhs.uk/ 0300 303 2880

Way In 'Check Out' 01494 791177

Family Planning Clinic Wycombe Hospital 01494 526161 GUM Clinic 0300 303 2880

YES Wycombe www.yeswycombe.org 01494 437373

Check out www.ruthinking.co.uk www.teenagehealthfreak.co.uk

Health

www.teenlifecheck.co.uk

NHS Choices <http://www.nhs.uk/> For fast medical help that isn't an emergency call NHS24 on 111

Bullying

Bullying UK www.bullying.co.uk 0808 800 2222

ChildLine www.childline.org.uk 0800 1111

NSPCC confidential advice line for children, help also available by text

www.anti-bullyingalliance.org.uk

Dealing with Bullying www.direct.gov.uk/bullying
Advice for parents - Advice for students

What should you do if you get bullied?
http://news.bbc.co.uk/cbbcnews/hi/newsid_1570000/newsid_1579300/1579354.stm

Cyberbullying and e-Safety

CEOP (Child Exploitation & Online Protection Centre) www.thinkuknow.co.uk
Police information site on e-safety for teachers, parents and carers

Childnet International www.childnet-int.org
Organisation committed to making the internet a safer place for children

Know IT All e-safety resources www.childnet.com/kia
Childnet Know IT All E-safety resources for professionals, parents and carers

Digizen www.digizen.org
Childnet digital citizenship website covering cyberbullying and social networking

Be someone to tell www.besomeonetotell.org.uk www.parentlineplus.org.uk **0808 800 2222**
Parentlineplus support website and helpline with information on cyberbullying and mobile phone use.