**Useful contacts**

**Organisation Telephone Website**

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| National Support | | | |
| Childline | 0800 1111 | [www.childline.org.uk](http://www.childline.org.uk/) |  |
| Samaritans | 08457 90 90 90 | [www.samaritans.org](http://www.samaritans.org/) | [jo@samaritans.org](mailto:jo@samaritans.org) |
| Get Connected (confidential helpline) | [**0203 993 5571**](tel:02039935571) | [www.getconnected.org.uk](http://www.getconnected.org.uk/) | web chat via website |
| Young Minds Parent Helpline | 0800 802 5544 | [www.youngminds.org.uk](http://www.youngminds.org.uk/) |  |
| Youth Health Talk (real life experiences) |  | [www.youthhealthtalk.org](http://www.youthhealthtalk.org/) |  |
| National Self-harm Network |  | [http://www.nshn.co.uk](http://www.nshn.co.uk/) | Online support forum |
| Minded (e-learning support for those working with young people) |  | [www.minded.org.uk](http://www.minded.org.uk/) |  |
| Mind | 0300 123 3393 | [www.mind.org.uk](http://www.mind.org.uk/) |  |

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| Local Support | | | |
| Time to Talk (counselling) | 0845 408 5022 or  07764 210398 | [www.timetotalkbucks.org.uk](http://www.timetotalkbucks.org.uk/) | counselling@timetotalkbucks. org.uk |
| Youth Enquiry Service (counselling) | 01494 437373 | [www.youthenquiryservice.org.uk](http://www.youthenquiryservice.org.uk/) | info@yeswycombe.org |
| Connexions Bucks | 0845 2171368  0845 217 1366 | [www.connexionsbucks.org.uk](http://www.connexionsbucks.org.uk/) |  |
| Buckinghamshire MIND | 01494 463364 | [www.bucksmind.org.uk](http://www.bucksmind.org.uk/) | [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk) |
| Youth Access (directory of local services) |  | [www.youthaccess.org.uk](http://www.youthaccess.org.uk/) | admin@youthaccess. org.uk |

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| Specialist Advice | | | |
| Frank (drugs advice) | 0300 123 6600 | [www.talktofrank.com](http://www.talktofrank.com/) | [frank@talktofrank.com](mailto:frank@talktofrank.com) |
| We are with you (alcohol and drug advice) | 020 7251 5860 | [Addaction is now We Are With You - With You](https://www.wearewithyou.org.uk/addaction-is-now-we-are-with-you/) |  |
| Adfam (alcohol and drug advice) |  | [www.adfam.org.uk](http://www.adfam.org.uk) | Drug and alcohol support for families |
| National Association of Children of Alcoholics | 0800 358 3456 | [www.nacoa.org.uk](http://www.nacoa.org.uk/) | [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk) |
| Alcoholics Anonymous | 0800 9177650 | www.alcoholics-anonymous. org.uk | help@aamail.org |
| Winston’s Wish (bereavement support) | 08088 020 021 | [www.winstonswish.org.uk](http://www.winstonswish.org.uk/) | [Online chat | Bereavement support | Winston's Wish (winstonswish.org)](https://www.winstonswish.org/online-chat/) |
| Young Carers Bucks | 0300 7772722 | [Young Carers - Carers Bucks](https://carersbucks.org/information-for-carers/young-carers/) |  |

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| Healthcare / Social Care | | | |
| CAMHS Single Point of Access (SPA) | 01865 901951 |  | 8.00 am – 6.00 pm |
| CAMHS Out of Hours | 01865 902000 (24/7 for emergency referrals via switchboard) | | |
| CAMHS Self-Referral for 16–17-year-olds | 01865 901951 |  | 9.00 am – 5.00 pm |
| Social Care First Response Team | 01296 383962 |  | [secure-cypfirstresponse@buckinghamshire.gov.uk](mailto:secure-cypfirstresponse@buckinghamshire.gov.uk) |
| Buckinghamshire Safeguarding Children Partnership | 01296 387915 | [Home - Buckinghamshire Safeguarding Children Partnership (buckssafeguarding.org.uk)](https://www.buckssafeguarding.org.uk/childrenpartnership/) |  |
| Public Health Buckinghamshire |  | [publichealth@buckscc.gov.uk](mailto:publichealth@buckscc.gov.uk) |  |
| NHS 111 | Dial 111 |  | Open 24/7 – free calls |