

Outside of School Help

Childline

0800 1111 - every day - 24 hours a day

Sometimes you can sort out a problem on your own. But if you have a worry you can't cope with, don't bottle it up.

**If you need some advice or just want to talk, call us.
Calls are free and confidential**

Or go on line to: www.childline.org.uk

There4me.com

**There4me is for you if you're between 12 - 16 years old
and are worried about something and need some help.**

Go to: www.there4me.com

EDP Young People's Team

The Young People's Team work with young people between the ages of 11 and 18 in the Exeter, Mid & East Devon, Teignbridge & South Ham areas. Our service is open to anyone for information, advice and support around drugs or alcohol whether it's their own use or a parent's or friend's.

Tel: 01392 688030 - between 9.30 a.m. and 4.30 p.m. Mon - Fri

Or go on line to: www.edpservices.org.uk/youngpeople.htm
www.talktofrank.com

In Touch

Youth Counselling Service - Y.E.S.

In each of our lives there are times when, for whatever reason, we need a bit of help. Someone who can listen to us, who cares and understands. Someone who isn't going to judge us or our actions.

Tel: 01392 424767 or Mobile Text: 07816420811

Email: intouch@dya.org.uk

Bullying Online

Comprehensive online guidance for parents/carers and young people.

Go to: <http://www.bullying.co.uk>