

Need to Talk

Useful Contacts over the Christmas Break

NACOA

The National Association of Children of Alcoholics

0800 358 3456

helpline@nacoa.org.uk

www.childline.org.uk

0800 1111

Online instant chatroom or call the above number. Totally confidential

Time to Talk –

[Enquiries @ timetotalk.org.uk](http://timetotalk.org.uk)

01296 329903 - 07764 210398

There is also an on-line service available after an initial appointment

Are You Safe (On-line Safety)

0808 800 5002

Samaritans

116 123 or jo@samaritans

MIND Bucks

01494 463364 – Info@buckmind.org.uk

[Wycombe Women's Aid](#) – 01494 461367

[Asian Women's Helpline](#) – 01494 446366

FRANK

Freephone 0800 77 66 00

www.talktofrank.com

B-EAT Youth helpline

0845 634 7650

Email fyp@b-eat.co.uk

STONEWALL

www.stonewall.org.uk

020 7593 1850

Lesbian, gay and bisexual community groups

AL-ANON

020 7403 0888

Support to the Family of Alcoholics

Other related youth charities

Young Minds

Kidscape

PAPYRUS

Bernardos

Helpful Books

The Teenage Guide to Stress – Nicola Morgan

The Anxiety Survival Guide For Teens – Jennifer Shannon