

# Would you like some advice from an expert?

**Drugs and Alcohol Advice:**  
[www.talktofrank.com](http://www.talktofrank.com)  
0300 123 6600  
SMS: 82111

**Teenage Concerns:**  
[www.childline.org.uk](http://www.childline.org.uk)  
Childline: 0800 1111  
[www.justdropin.co.uk](http://www.justdropin.co.uk)  
01625 665079  
[www.kooth.com](http://www.kooth.com)

**Health Concerns:**  
NHS Direct:  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Sexual health:  
[www.brook.org.uk](http://www.brook.org.uk)  
0808 802 1234

**Anti-Bullying:**  
[www.anti-bullyingalliance.org.uk/](http://www.anti-bullyingalliance.org.uk/)  
[www.bullying.co.uk/](http://www.bullying.co.uk/)  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

**E-Safety:**  
[www.chatdanger.com](http://www.chatdanger.com)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Family Planning:**  
Central Youth  
0161 426 9696  
[www.centralyouth.org/](http://www.centralyouth.org/)  
Family Planning:  
[www.fpa.org.uk](http://www.fpa.org.uk)  
Macc: 01625 663400  
0845 122 8690

**Family Issues:**  
Bereavement:  
[www.rd4u.org.uk](http://www.rd4u.org.uk)  
0808 808 1677

Divorce aid:  
[www.divorceaid.co.uk](http://www.divorceaid.co.uk)