

Childline-0800 1111

<https://www.childline.org.uk/>

Talk to a counsellor online, send Child-line an email or post on the message boards.

Young Minds

<https://www.youngminds.org.uk/>

You can call the Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm or visit the website.

NSPCC

<https://www.nspcc.org.uk/>

If you are worried about a child you can email help@NSPCC.org.uk at any time for free, and you don't have to say who you are.

The Mix

<https://www.themix.org.uk/>

0808 808 4994

Free information and support for under 25's in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

Step 2

<https://www.step2.org.uk/contact>

Counselling services and sexual health services for the Young People and families of Bradford

E-MAIL US- info@step2.org.uk

CALL OUR MAINLINE- [01274 720 185](tel:01274720185)

Relate

<https://relatebradford.org/>

Provider counselling services to Children from age 5 and their families 01274 726096 .

Winston's Wish

<https://www.winstonswish.org/>

Childhood bereavement charity. Support for children and their families after the death of a parent or sibling.

Helpline: 08088 020 021