

Tel: 08457 909090

[www.samaritans.org](http://www.samaritans.org)

Support for difficult feelings



Tel: 08000684141

[Www.papyrus-uk.org](http://www.papyrus-uk.org)

Confidential Young Suicide Prevention



Tel: 0845 634 7650

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Support for beating eating disorders



Support with Drugs and Alcohol (Claire Mortar)



Email: [ypdat@flintshire.gov.uk](mailto:ypdat@flintshire.gov.uk)

Phone: 01244 551 477

[Www.brook.org.uk](http://www.brook.org.uk)

Provides free and confidential sexual health services and advice for young people under 25.

Tel: 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

Online, on the phone anytime for support

childline

Tel: 0808 800 5000

[www.nspcc.org.uk](http://www.nspcc.org.uk)

NSPCC

HELPA FI  
STOPIO  
HELP ME  
QUIT

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

[www.riseabove.org.uk](http://www.riseabove.org.uk)

Relationships & the law

DISRESPECT  
NOBODY



Tel: 0300 123 1044

Tel: 0800 085 2219

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

[www.helpmequit.wales](http://www.helpmequit.wales)

Free advice, tools and support to help quit smoking

Wales Drugs & Alcohol Helpline

Tel: 0808 808 2234

[www.247.org.uk](http://www.247.org.uk)



<http://www.barnardos.org.uk/flintshire-young-carers/>

Tel: 01352 755422

Young carers: Supporting those who look after an adult family member who has a serious illness or disability.



### Flintshire's Young people Counselling Service

Phone: 01352 704150

Text: 80800 start you message YPCS—Texts are free

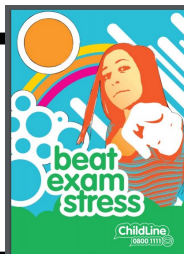
Email: [ypcs@flintshire.gov.uk](mailto:ypcs@flintshire.gov.uk)

Web: [www.flintshire.gov.uk/help4yp](http://www.flintshire.gov.uk/help4yp)

Information leaflet is available on the school website.

Beat exam stress guide by Childline

Available on the school website



Tel: 0808 801 1000

Text: 80 800 and start your message with COM

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

The Children's commissioner for Wales, Sally Holland, and her team speak up for young people and their rights. They are also available to act as a source of support for young people who have been treated unfairly.

