

# SIGNPOSTING FOR BULLYING

## [NSPCC](#)

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

The UK's leading children's charity.  
Working to prevent abuse, help rebuild children's lives and support families.

## [Childline](#)

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

A free, private and confidential service for children and parents.

## [Young Minds](#)

[youngminds.org.uk](http://youngminds.org.uk)

The UK's leading charity fighting for children and young people's mental health.

## [Kidscape](#)

[kidscape.org.uk](http://kidscape.org.uk)

Our mission is to provide practical support, training, and advice to challenge bullying and protect young lives.

# SIGNPOSTING FOR DRUGS AND ALCOHOL

## [Adfam](#)

[adfam.org.uk](http://adfam.org.uk)

Support and information for family and friends for people with drug or alcohol problems.

## [Alcoholics Anonymous](#)

[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

National network of local alcoholics to help recover from alcoholism.

## [Drinkaware](#)

[drinkaware.co.uk](http://drinkaware.co.uk)

Aims to reduce alcohol misuse and harm.

## [DrugWise](#)

[drugwise.org.uk](http://drugwise.org.uk)

Provides drug information which is topical, evidence-based and non-judgemental.

## [FRANK](#)

[talktofrank.com](http://talktofrank.com)

Offers free confidential drug information and advice 24 hours a day.

## [We are with you](#)

[Wearewithyou.org.uk](http://Wearewithyou.org.uk)

Services for people who are dependent on drugs and alcohol, and their families.