

Useful Links

There are lots of organisations in Staffordshire and the UK that offer support for young people if you need it.



The Mix is the UK's leading support service for young people. They can help you take on challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

themix.org.uk 0808 808 4994



Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, Young Minds can help.

youngminds.org.uk



Hope Again provides somewhere to turn to when someone dies. It is a safe place where you can learn from other young people, find ways to cope with grief, and feel less alone.

hopeagain.org.uk



Support for whatever's on your mind. The tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!

childline.org.uk

new-era.uk

Support to everyone affected by domestic abuse in Staffordshire & Stoke-on-Trent

talktofrank.com

Information and advice about drugs and substance misuse

bigdeal.org.uk

A place for young people to find information and support related to gambling, either for themselves or someone they care about.

stonewall.org.uk

Information and support for LGBT communities

hopesupport.org.uk

Support for anybody aged 11-25 when a close family member is diagnosed with a life-threatening illness – such as cancer.