

Have a Happy & Safe Summer!

Mental Health & Wellbeing

- www.kooth.com - online counselling
- www.manchestermind.org - local support
- www.healthforteens.co.uk - range of advice

Forced Marriage & FGM

- Telephone: 020 7008 0151—to speak to someone at the Foreign Office or email the forced marriage unit at fmufcdo.gov.uk
- Karma Nirvana (Call free on 0800 5999 247) – for help with Honour Based Abuse or Forced Marriage www.karmanirvana.org.uk
- Report FGM to the NSPCC (Call free on 0800 028 3550) or email: fgmhelp@nspcc.org.uk

Internet Safety

- Report Harmful Content on Social Media and the web- www.reportharmfulcontent.com
- Report Online Sexual Abuse - www.ceop.police.uk
- Report Hate Crime - www.report-it.org.uk

Not Sure who to contact?

Get free and confidential advice from:

- www.childline.org.uk
- www.nspcc.org.uk
- www.barnardos.org.uk



Substance Misuse and Abuse

- Eclipse (Manchester) - local information and support www.changegrowlive.org/eclipse

Suicide

- Papyrus (Call free on 0800 068 4141) – **prevention** of young suicide: www.papyrus-uk.org
- Samaritans (Call free on 116 123) – for support relating to all aspects of suicide www.samaritans.org

Other useful links and information

- The Proud Trust—for local information and advice about all LGBTQIA+ matters www.theproudtrust.org
- Brook—for information and advice about sexual health www.brook.org.uk

In an emergency call 999 or Children's Services 0161 234 5001

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