

HANDOUT

NATIONAL SOURCES OF HELP AND SUPPORT

**MAKE
OUR
RIGHTS
REALITY**

GENERAL ADVICE AND SUPPORT

The Mix

Free and confidential information and help on a wide range of issues specifically for under-25-year-olds, including sex and relationships, your body, mental health, drink and drugs, housing, money, work and study and crime and safety.

0800 808 499994
www.themix.org.uk

Citizens Advice

General information for young people including employment, housing, family matters, money, benefits, health, travel and transport.

www.citizensadvice.org.uk

Advicenow

Information on a wide range of legal advice issues to help deal with everyday problems including, money, benefits and debt, employment, health and consumer affairs.

www.advicenow.org.uk

Lawstuff

Information specifically aimed at young people covering a wide range of topics including education, crime and the police, children's rights and leaving home.

www.lawstuff.org.uk

CARING FOR FAMILY MEMBER OR FRIEND

Carers Trust

Advice and support for people who need help looking after a friend or family member.

0808 808 7777
www.carers.org

CRIME & YOUTH JUSTICE

Youth Justice Legal Centre

Information and support for young people who may find themselves involved in the criminal justice system.

www.yjlc.uk

JustforKids Law

Provides advocacy, legal support and assistance to young people in difficulty; particularly those in trouble with the law, looked-after children and those at risk of exclusion from school. (NB: London-based)

www.justforkidslaw.org

DISABILITY

Disability Rights UK

Information and advice on a wide range of issues for disabled people.

0800 328 5050 (Disabled student)
0300 555 1525 (Budgets)
www.disabilityrightsuk.org

DOMESTIC VIOLENCE & ABUSE

24-hour National Domestic Violence

A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Helpline: 0808 2000 247
www.nationaldomesticviolencehelpline.org.uk

Rights of Women

Information and support on a wide range of legal issues including violence against women, family and criminal law and asylum and immigration.

www.rightsofwomen.org.uk

Refuge – Help for Teenage Girls

Information and advice on violence against teenage girls and young women.

0808 2000 247
www.refuge.org.uk

Men's Advice Line

Free advice and support for men experiencing domestic violence and abuse.

0808 801 0327
www.mensadvice.org.uk

EDUCATION

Child Law Advice Service

Legal information and advice on education law in England for parents/carers.

www.childlawadvice.org.uk

EMPLOYMENT

ACAS

Information and advice on all aspects of workplace relations and employment law.

0300 123 1100

www.acas.org.uk

FAMILY

Child Law Advice Service

Specialist advice and information on child and family law including a charged call-back advice service.

www.childlawadvice.org.uk

HOUSING AND HOMELESSNESS

Shelter

Information and advice for young people on any housing related problems.

0808 800 4444

www.shelter.org.uk

LGBT+

Stonewall

Online information service providing details on lesbian, gay, bi and trans rights and issues.

www.stonewall.org.uk

Switchboard

Support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.

www.switchboard.lgbt

LOOKED-AFTER/ IN CARE

Coram Voice

Advocacy, information and support for looked-after children and young people.

08088 005 792

www.coramvoice.org.uk

The Care Advice Line

Help and advice for children and young people in care or leaving care.

020 7017 8901

www.becomecharity.org.uk

National Youth Advocacy Service

Provides information, advice, advocacy and legal representation to children and young people in care.

0808 808 1001

www.nyas.net

Family Rights Group

Information and support for families involved in local authority children's services or who need help from these services.

0808 801 0366

www.frg.org.uk

MIGRANT AND REFUGEE CHILDREN AND YOUNG PEOPLE

Migrant Children's Project

Help and support for migrant, asylum-seeking and refugee children in the UK.

020 7636 8505

www.childrenslegalcentre.com

MONEY & DEBT

Step Change

Information and advice for dealing with debt.

0800 138 1111

www.stepchange.org

The Money Advice Service

Information, help and support on all aspects of money advice

0800 138 7777

www.moneyadviceservice.org.uk

National Debt Line

Information and support for dealing with debt and money issues.

0808 808 4000

www.nationaldebtline.org

Big Deal

Information, advice and support for young people experiencing or at risk of problem gambling.

0808 8020 133

www.bigdeal.org.uk

