

# Living Life to the Fullest: Sources of Support

This list is by no means exhaustive, and we would like to build it up further. If you have used/been involved with an organisation that you would recommend, please don't hesitate to let us know:  
k.liddiard@sheffield.ac.uk

## Sources of help and support

### Samaritans

<https://www.samaritans.org>

Whatever you're going through, call us free any time, from any phone on 116 123. We're here round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. This number is FREE to call. You don't have to be suicidal to call us.

### Childline

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

Childline is a free 24-hour counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.

Call 0800 1111

### Brooke

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

Brook is a charity with over 50 years experience and offers services around the UK offering free and confidential sexual health advice, contraception and counselling to all young people. Ask Brook – Ask Brook offers a confidential interactive text and webchat service offering information, support and signposting service Monday to Friday for anyone under 25 in the UK through:

Text chat service: 07537 402 024 (standard SMS rates apply) Webchat service: 9am-3pm and Ask Brook 24/7 tool through the Brook website: [www.brook.org.uk](http://www.brook.org.uk)

### Scope

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

**For young disabled people:** <https://www.scope.org.uk/support/disabled-people/young-disabled>

Scope exists to make this country a place where disabled people have the same opportunities as everyone else. Until then, we'll be here.

**Talk to Frank** is a national drugs education service with a live chat and freephone advice line: 0800 77 66 00. You can text a quick question to: 82111. Visit: [www.talktofrank.com](http://www.talktofrank.com)

### National Youth Advocacy Service (NYAS)

<https://youngpeople.nyas.net>

Helpline: 0808 808 1001

The National Youth Advocacy Service (NYAS) is a rights based charity that operates across England and Wales for children, young people and adults.

### Prevention of young suicide UK | PAPHYRUS

<https://www.papyrus-uk.org/>

PAPHYRUS is the national UK charity dedicated to the prevention of young suicide

## Other helpful resources

### **Muscular Dystrophy UK Trailblazers**

The young campaigners network, part of the Muscular Dystrophy UK, MDUK Trailblazers fight the social injustices experienced by young disabled people

Twitter: @MD\_Trailblazers

Facebook: <https://www.facebook.com/mduktrailblazers/>

### **Together for Short Lives**

<http://www.togetherforshortlives.org.uk>

Together for Short Lives is the leading UK charity for all children with life-threatening and life-limiting conditions and all those who support, love and care for them.

### **Leonard Cheshire Disability**

Leonard Cheshire Disability is the UK's leading charity supporting disabled people.

<https://www.leonardcheshire.org>

Twitter: @LeonardCheshire