

Help Zone

General health

<http://www.themix.org.uk/> UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. Information and advice covering mental health, sex and relationships, drink and drugs, study, crime.

www.nhs.uk/change4life Eat well, Move More, Live Longer

<https://www.nhs.uk/live-well/> Health advice

www.teenagehealthfreak.org Fun, interactive site covering all aspects of teenage health

www.oxme.info Great site with loads of links for activities and support in Oxfordshire

www.eric.org.uk Advice on bedwetting

<http://ceop.police.uk/> Child Exploitation Online Protection Agency

Emotional Health

www.youngminds.org.uk Young person friendly downloadable videos, podcasts & leaflets on all aspects of emotional health: anger, depression, self-harm

<http://www.moodjuice.scot.nhs.uk/> Help to think about emotional problems and work towards solving them.

<https://selfharm.co.uk/> Dedicated to self-harm recovery, insight and support.

Smoking, drugs and alcohol

www.smokefree.nhs.uk Help to quit

www.talktofrank.com/ Information and advice about drugs

www.oxfordshiredaat.org/youngpeople Oxfordshire drug and alcohol help and support for young people

Sexual health

www.brook.org.uk/ Information on contraception and STI's

www.yoursexualhealthoxon.nhs.uk Advice, information and details of local services

www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx Was RU thinking

www.youthhealthtalk.org/sexualhealth Video clips of real stories from real young people

Abuse

www.reducingtherisk.org.uk/ Oxfordshire website for those affected by domestic abuse

www.thehideout.org.uk Young person friendly site about domestic abuse

www.ChildLine.org.uk Free and confidential help and advice about a range of issues

<https://www.nspcc.org.uk/> children's charity fighting to end child abuse in the UK.

www.bullying.co.uk Advice on what to do if you, or someone you know, is being bullied

www.kidscape.co.uk Advice on what to do if you, or someone you know, is being bullied

www.thinkuknow.co.uk/ Online safety: what to do if something goes wrong

<http://oscb.org.uk/> Oxfordshire Safeguarding Children's Board

<http://www.esafety-adviser.com/latest-newsletter/> Ditto Online safety free e-magazine.

<https://www.disrespectnobody.co.uk/> Disrespect Nobody: read up on the different types of abuse, get advice and have a look at the organisations that can help.
