

## Other sources of support

As good a coaching can be, coaches are not and would not profess to be experts in the many subjects that may arise during a coaching session.

Council websites/Local Authorities often have localised support for people to access, but below, as a starting point, are some of the national organisations that you can signpost people to.

Subject	Organisation	Contact sites	Telephone contact
Mental Health	MIND Mental Health Foundation Young Minds	info@mind.org.uk  <a href="http://www.mentalhealth.org">www.mentalhealth.org</a>  (Parent Helpline Young Persons Helpline)	0300 123 3393  0808 802 5544  Text: 85258
Bereavement	Cruse Bereavement Care	www.cruse.org.uk	0808 808 1677
Marriage/ Relationship Counselling	Relate Family Mediation	<a href="http://www.relate.org.uk">www.relate.org.uk</a>  www.freefamilymediation.co.uk	0330 0100 179
Domestic Abuse	National Domestic Abuse	Refuge.org.uk	0808 2000 247
Drugs	Drugwise Drug Support Group	www.drugwise.org.uk  www.supportgroups.com/drug	0845 1200 660
Debt Management	Debt Helpline UK	Nationaldebtadvice.co.uk	0330 995 2077
Eating Disorders	Anorexia & Bulimia BEAT : Helpline Student Line Youth Line	03000 11 12 13  0808 801 0677  0808 801 0811 /0808 801 0711	
Sexuality (& Coming Out)		www.giveusashout.org/get-help/	0300 330 0630
Online Abuse	NSPCC	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>  Childline 0800 1111	0808 800 5000
Survivors of rape/sexual abuse	NAPAC   CISters  Rape Crisis	<a href="http://www.napac.org.uk">www.napac.org.uk</a>  (The National Association for People Abused in Childhood)  <a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a>  (Surviving rape and/or sexual abuse)	0808 801 0331  02380 338080  0808 802 9999
Disability	Advise and Support Line	<a href="http://www.scope.org.uk/advice-and-support.org.uk">www.scope.org.uk/advice-and-support.org.uk</a>  helpline@scope.co.uk	0808 800 3333
Samaritans		jo@samaritans.org	116 123

Kooth	Online mental well being	<a href="http://www.kooth.com">www.kooth.com</a> Age 11+	
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