

Who Can Help?



Speak to someone you trust.

Everyone is entitled to guidance and support, no matter their situation.

Who Else Can Help?



Childline:

- You can contact Childline about anything, at any time; whatever your worry
- They offer a huge range of different support
- Google '[Childline Get Help](#)'

The Runaway Helpline:

- For anyone who is thinking about running away, or has already run away.
- You can call or text for free, 24 hours a day.
- Google '[Runaway Helpline](#)'



Who Else Can Help?



Reconnect:

- Depaul's Family Support & Mediation Service
- Free support which you can access yourself
- Google '[Depaul Get Help](#)'

AKT – The Albert Kennedy Trust:

- Support LGBTQ+ young people aged 16-25 who are experiencing, or at risk of homelessness
- Google '[AKT Help](#)'



Who Else Can Help?

In an emergency contact the police on 999, or 101 to report a concern.

NIGHTSTOP – Tackling homelessness through community hosting.
Call 0800 028 36 74 or Google 'Depaul Get Help'

SHELTER - Provide practical help and advice on housing & homelessness.
Call 03301 755 121 or Google 'Shelter Get Help'

CENTREPOINT - Offer advice to anyone in England aged 16-25.
Call 0808 800 0661 or Google 'Centrepont Get Help'