

Helplines

Childline 0800 1111: Offering advice and support by phone and online 24 hours a day to children and young people. Visit <https://www.childline.org.uk/>

NSPCC Helpline 0808 800 5000:

National Society for the Prevention of Cruelty to Children

Visit: <https://www.nspcc.org.uk/> Email help@nspcc.org.uk

Stonewall- The lesbian, gay and bisexual charity. Free phone helpline for children and young people experiencing homophobic bullying. Tel 08000 502020

Visit: <http://www.youngstonewall.org.uk/> Websites

Essex Young Carers: This website has been set up to help assist young carers in their lives and help them get support. Visit: www.essexyoungcarers.co.uk

Children In Care Council – It's my life: This website is for children and young people in care in Essex to share their views and opinions on the things that matter to them.

Visit: <http://cicc.essex.gov.uk/>

NHS Choices: a very useful website for finding out about anything to do with health including finding a local service and your own summary care record if you register for access. You may need an adult to help you look through this website if you are aged 12 or under. Visit <http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

Travellers' Times Online: TT Online brings you the latest news, pictures, video, opinion and resources from within the Gypsy, Roma and Traveller communities.

Visit <http://www.travellerstimes.org.uk/website/Home.htm>