



If you or someone you know is feeling affected by any of the topics discussed in the series the following UK based organisation offer information, advice and support.

Samaritans

For anyone struggling to cope Samaritans provide a safe place to talk 24 hours a day.

Phone: 116 123

Email: jo@samaritans.org

<https://www.samaritans.org/>

Shout

Shout is a 24/7 text service, free on all major mobile networks, for anyone struggling to cope and in need of immediate help.

Text SHOUT to 85258

<https://giveusashout.org/get-help/>

Bullying

<https://www.nationalbullyinghelpline.co.uk>

<https://www.bullying.co.uk/cyberbullying/what-to-do-if-you-re-being-bullied-on-a-social-network/>

Domestic Violence

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

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

Eating Disorders

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

Porn Addiction

<https://childmind.org/article/how-to-talk-to-teenagers-about-porn/>

<https://www.ukat.co.uk/sex-love-addiction/porn-addiction-recovery/>

Racism

<http://www.stophateuk.org/>

<http://www.tmg-uk.org/>

<https://raceequalityfoundation.org.uk>

<https://www.theredcard.org>

Revenge Porn

<https://revengepornhelpline.org.uk>

<https://www.victimsupport.org.uk/crime-info/types-crime/cyber-crime/image-based-sexual-abuse>

Sex Work

<https://beyondthestreets.org.uk>

Social Media Addiction

<https://www.addictioncenter.com/drugs/social-media-addiction/>

Stress, Anxiety and Depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>