

## STAYING HEALTHY USEFUL WEBSITES AND TELEPHONE NUMBERS

### **NHS DIRECT** [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) **0845 4647**

24 hour service every day of the year, providing a range of health information and advice. If you're unsure where to go, or need help assessing how urgently treatment is needed contact NHS Direct.

### **UNDERCOVER** [www.under-cover.org.uk](http://www.under-cover.org.uk)

Accurate and up to date local information on sexual health, relationships and other growing up issues. Lets you know the services that are available, together with lots of information and advice.

### **TALK TO FRANK** [www.talktofrank.com](http://www.talktofrank.com) **0800 77 66 00**

Ring FRANK anytime and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs. It is a totally confidential service. The website gives an A to Z list of drugs, explains their appearance and use, effects, chances of getting hooked, health risks and UK law.

### **ALCOHOL SERVICES FOR THE COMMUNITY** [www.asc-puke.co.uk](http://www.asc-puke.co.uk)

PUKE stands for Prevention, Understanding, Knowledge and Education and is a dedicated specialist alcohol and other drug service for young people in Bedfordshire and Luton. You can contact this service by phone Monday – Friday 9am – 5pm on **01234 344133**

### **SAMARITANS** [www.samaritans.org.uk](http://www.samaritans.org.uk) **08457 9090 90**

Confidential, non-judgemental emotional support 24 hours a day for people who are experiencing distress or despair.

### **VICTIM SUPPORT** [www.victimnsupport.org.uk](http://www.victimnsupport.org.uk) **0845 30 30 900**

Victim Support is the independent charity which helps people cope with the effects of crime. We provide free and confidential support and information to help you deal with your experience

### **CHILDLINE** [www.childline.org.uk](http://www.childline.org.uk) **0800 11 11**

Free and confidential helpline for children and young adults all over the UK. For help & advice at any time for any problem you have: bullying, problems with relationships, emotional abuse, domestic violence, self harm, or anything else

### **CARALINE** [www.caraline.com](http://www.caraline.com) local helpline: **01582 457 474**

Eating disorders counselling and support service for people living with eating disorders and their carers. Caraline is a registered Charity based within the centre of Luton, which is concerned with helping those whose lives are affected directly or indirectly by an eating disorder.

### **BEDFORDSHIRE STOP SMOKING SERVICE** [www.smokefreebedfordshire.nhs.uk](http://www.smokefreebedfordshire.nhs.uk) **0800 013 0553**

Your local NHS stop smoking service offers free and confidential specialist advice on giving up smoking, offering a range of support.