Helplines and links to help you

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Introduction

I care about everyone on this website. So I wanted to help everyone on here by posting some links that could help you. If anyone has anymore links or helplines then it would be great if you could post them in the comments! Please let me know in the comments if any of these links have helped you.
Chapter 1

I have written this for everyone. Not just anyone who is struggling. This is for everyone. Because I'm sure that you know someone who is going through a tough time. They may not show it and they may not want to get help. But you can help them by sharing these links with anyone you know. I hope these help. If I manage to make a difference to even one person's life then that would mean the world to me! Please don't comment any hate comments as this is not the place to do it and I have worked very hard on this. I'm always here for you. Thank you for taking the time to read this.
Suicide:

https://suicidepreventionlifeline.org

https://www.crisisservicescanada.ca/en/

https://www.samaritans.org

https://www.opencounseling.com/suicide-hotlines

https://www.giveusashout.org/get-help/

https://save.org/what-we-do/public-awareness/ this one is about how you can raise public awareness

I just want to say that suicide is not the answer! Please don't do it. I know it's tempting but you deserve to live and I'm willing to help you if you are thinking of suicide.
Chapter 3

Abuse:

https://www.thehotline.org

https://victimconnect.org/resources/national-hot-lines/

https://www.thesurvivorstrust.org/national-helplines

https://www.naaree.com/domestic-violence-helplines-india/


(It doesn't say it in the website but this is Australian)

https://www.crcna.org/SafeChurch/abuse-awareness (This is abuse awareness)

I know that abuse can be tough to go through. But you don't have to suffer alone. I know that you can get through this. You are powerful. I believe in you.
Chapter 4

Forced marriage:

https://www.uscis.gov/humanitarian/forced-marriage (about forced marriage)

https://www.7cups.com/wiki/forced-marriage-hotlines-and-resources/

https://www.supportline.org.uk/problems/forced-marriages/

https://www.runawayhelpline.org.uk/advice/forced-marriage/

http://salc.on.ca/forced-marriage/

You should not have to be made to marry someone you don't want to. That is wrong so if you are being forced to marry or you're in a forced marriage then please do try to get out of the marriage safely. I would recommend that you use the helplines and links above to help you.
Chapter 5

Racism:


https://nnedv.org/latest_update/8-everyday-ways-to-fight-racism/ (ways that you can fight racism)

http://www.standuptoracism.org.uk/contact/ (Stand Up To Racism)

https://www.supportline.org.uk/problems/hate-crime/

https://www.forbes.com/sites/chriswestfall/2019/02/13/speak-up-discrimination-racism-workplace/#4157fdae39a7 (speaking up against discrimination in the workplace)

Sorry that there aren't many helpline links! It was quite hard to find them. Racism is wrong. Nobody should have to be treated differently because of the colour of their skin. We need to end this. Now. #Blacklivesmatter
Chapter 6

Depression:

https://www.mhe-sme.org/library/youth-helplines/

http://sadag.org

https://www.mentalhelp.net/depression/hotline/

https://au.reachout.com/articles/support-services-for-depression-and-anxiety (This is Australian)

https://nationaltoday.com/national-depression-education-and-awareness-month/ (Depression awareness)

https://www.everydayhealth.com/depression/guide/resources/

Depression is a tough thing to go through. But it will get better. Don't be afraid to ask for help. I'm always here to help you and so are these helplines. I believe in you.
Chapter 7

Anxiety:

https://www.mentalhelp.net/anxiety/hotline/

https://www.crisistextline.org/topics/anxiety/#what-is-anxiety-1

https://thelifelinecanada.ca/resources/anxiety/


https://adaa.org/raising-awareness

https://www.webmd.com/anxiety-panic/anxiety-tips (Anxiety relief and management)

I can't imagine how difficult it must be to have anxiety. You don't have to suffer alone. I'm always here for you and I know that you can get through this. Stay strong.
Chapter 8

Bullying:

https://www.ncab.org.au/get-help/ (This is Australian. The reason I'm saying this is because it's not clear on the website that it is Australian)

https://stompoutbullying.org/helpchat

https://www.anti-bullyingalliance.org.uk/tools-information/if-you're-being-bullied/find-help-and-support


https://www.learnpsychology.org/now/bullying/ (Bullying awareness and prevention guide)

Bullying is a terrible thing to go through. You shouldn't have to suffer alone. Talk to someone. It could be a friend, a teacher or a parent. You can also talk to me. I'm willing to help you. Stay strong.
Chapter 9

Sexual abuse:

https://www.itv.com/thismorning/articles/rape-hepelines

https://www.thesurvivorstrust.org/national-helplines

https://victimconnect.org/resources/national-hotlines/


https://hotline.rainn.org/online

http://voicenorthants.org/victims/2019/03/how-to-spot-signs-of-sexual-abuse/ (Spotting signs of sexual abuse)


Sexual abuse is a terrible thing to go through. It can happen to anyone. We need to end this now. We need to raise awareness about it. This isn't spoken about enough. Speak up. Break the silence.
Chapter 10

Knife crime:

https://www.itv.com/thismorning/articles/youth-and-knife-crime-helplines

https://www.nidirect.gov.uk/articles/knife-crime (Information about knife crime)

https://www.victimsupport.org.uk/crime-info/types-crime/violent-crime

https://vocal.media/criminal/ways-to-reduce-knife-crime (Ways to reduce knife crime)

https://www.knifefree.co.uk/get-help-support/

https://noknivesbetterlives.com/parents/

I don't know what it is like to be affected by knife crime. But I do know that I can listen to anyone who has suffered from this crime. I'm also willing to listen to anyone who has gone knife free. Stay strong.
Chapter 11

Dyslexia:

https://www.bdadyslexia.org.uk/services/helpline

https://dyslexiaida.org

http://geon.github.io/programming/2016/03/03/dsxylia (This shows what it is like to have dyslexia)

https://www.dyslexia.uk.net/services/helpline/

https://www.medicinenet.com/dyslexia/article.htm (About dyslexia)

https://www.readandspell.com/working-with-dyslexia (Tips for working with dyslexia)

Dyslexia sounds difficult. I can't imagine how tough it must be to go through this. But I know that you will stay strong and powerful. I believe in you.
Chapter 12

Autism:

https://www.autismni.org/helpline

https://www.autism-society.org/about-the-autism-society/contact-us/

https://autismawareness.com (Autism awareness)

https://www.autismspeaks.org/what-autism (Information and advice on autism)

https://www.webmd.com/brain/autism/symptoms-of-autism (Signs and symptoms)

https://www.asanv.org/how-to-help-someone-with-autism/ (How to help someone with autism)

https://www.rd.com/article/living-with-someone-with-autism/ (What it's like to live with someone who has autism)

I do not know what it's like to have autism or to love someone who has autism. But I do know that it can be challenging and sometimes you just want to give up. Never give up. I believe in you. I'm always here to talk.
Chapter 13

PTSD (Post Traumatic Stress Disorder):

https://www.mentalhelp.net/ptsd/hotline/

https://www.psychguides.com/guides/ptsd-hotline/


https://thelifelinecanada.ca/resources/ptsd/ (Information and resources)


https://www.msn.com/en-us/health/medical/how-to-spot-the-warning-signs-of-ptsd/vi-BB14RxH1 (How to spot the warning signs of PTSD)

PTSD sounds like a terrible thing to go through. I've heard what it can do to people and I'm willing to listen to you. You can get through this. I believe in you.
Chapter 14

Eating disorders:

https://anad.org/our-services/eating-disorders-helpline/

https://www.beateatingdisorders.org.uk/contact-us

https://mirror-mirror.org/getting-help/getting-your-child-with-an-eating-disorder-to-eat (How to get your child with an eating disorder to eat)

https://www.webmd.com/mental-health/eating-disorders/anorexia-nervosa/understanding-anorexia-symptoms (Symptoms and warning signs or anorexia)

https://www.eatingrecoverycenter.com/conditions/bulimia/symptoms-signs (Symptoms and warning signs of Bulimia)

https://www.yourhealthinmind.org/mental-illness-disorders/eating-disorders/helping-someone (How to help someone with an eating disorder)

Eating disorders sound really tough to go through. Please talk to someone. It won't make you weak. It won't make things worse. Talking to someone will help you. Even if it's someone from one of the helplines above, talking to someone will help you. I am willing to listen to you. I believe in you.
Chapter 15

Extra links:

https://www.childline.org.uk


https://www.themix.org.uk

http://worldhelplines.org/usa.html

https://helplines.org/helplines/

https://indianhelpline.com

https://www.sos.org.sg/get-help/other-available- resources

https://www.iasp.info/resources/Crisis_Centres/E urope/

https://checkpointorg.com/global/
Chapter 16

If you need any help then I'm here to help you as much as I can. I will listen, I promise. Remember: everyone is fighting their own battle. You should feel safe and you should live a happy life no matter what race, gender or sexuality you are. Thank you for taking the time to read this. Stay safe!