

Helplines and Useful Resources

Helplines

[Alcoholics Anonymous](#)
[Be Gamble Aware](#)
[BEAT eating disorders](#)
[BECOME](#)
[Boloh Helpline](#)
[CALM: Campaign against living miserably](#)
[Centrepont](#)
[Childline](#)
[Coram Voice](#)
[DrugFam](#)
[Frank](#)
[Grief Encounter](#)
[LGBT Foundation](#)
[Mermaids](#)
[Muslim Youth Helpline](#)
[National Association for the Children of Alcoholics](#)
[National Smokefree Helpline](#)
[Papyrus Hopeline](#)
[The Mix](#)
[The Survivor's Trust](#)
[Switchboard LGBT+ Helpline](#)
[YoungMinds Crisis Messenger](#)

Useful Articles and Reports

- [Bröder, J., Okan, O., Bauer, U. *et al.* Health literacy in childhood and youth: a systematic review of definitions and models. *BMC Public Health* **17**, 361 \(2017\).](#)
- [Hagel, A., Churchill, D. and Vinaxia-Kinear, J. *Young people's views on accessing digital primary care: Scoping the evidence.* Association for Young People's Health \(2022\).](#)
- [How to teach kids \(digital\) health literacy? The Medical Futurist \(2019\)](#)
- [Sachs, J. *Young people's views on digital access to primary care: Results from engagement with a youth panel.* Association for Young People's Health. \(2022\).](#)
- [Winkelman, T., Caldwell, M., Bertram, B., Davies, M. Promoting Health Literacy for Children and Adolescents. *Pediatrics* **138**, 6 \(2016\).](#)