



MASH (Multi Agency Safeguarding Hub): **0300 5008090**

Healthy Family Team: **01777 274422**

Parentline (Text message): **07520 619919**

Listening Ear (Covid bereavement support) : **0800 0485224**

Cruse Bereavement: **0800 808 1677**

National Domestic Abuse Helpline: **0808 2000247**

Women's Aid: **01909 533610**

Insight (NHS Talking Therapies): **0300 3000033**

Mind: **0300 123 3393**

Citizens Advice: **03300 4568369**

Samaritans: **116 123**

Young Minds Parent Helpline: **0808 802 5544**

NSPCC: **0808 800 5000**

Childline: **0800 1111**

The Sleep Charity: **07912 667676**

Money sorted: **0115 9081534**

Family Fund: **01909 550055**

Food Bank: **01909 533533**