



SHUSTOKE C OF E PRIMARY SCHOOL
USEFUL NUMBERS FOR SPECIALIST SUPPORT



Dear Parents, Carers and Children,

In these increasingly stressful times, many of us are struggling with both our physical and mental health. There are many agencies that can offer advice, support and crisis management.

Please find details below of where you can access help if you need it.

Adults	Young People	Parenting	Other
Anxiety UK 03444 775 774	Young Minds 0808 802 5544	Family Lives 0808 800 2222	Cruse Bereavement Care 0808 808 1677
Mind 0300 123 3393	NSPCC 0800 1111	Children 1st Parentline 08000 28 22 33 (Scotland)	Refuge (domestic violence) 0808 2000 247
Papyrus (Suicide Prevention for under 35s) 0800 068 4141	The Mix (age 13 – 25) 0808 808 4994	Young Minds 0808 802 5544	FRANK (substance misuse) 0300 1236600
Samaritans 116 123	Childline 0800 1111	Gingerbread (single parent helpline) 0808 802 0925	Beat (eating disorders) 0808 801 0677
Rethink Mental Illness 0300 5000 927			National Gambling Helpline 0808 8020 133
SHOUT Text: 85258			Silverline (helpline for older people) 0800 4 70 80 90
Breathing Space 0800 83 85 87 (Scotland)			

*(Above information provided via twitter thread)