













Helplines, apps and websites to support parents

| | Phone  | Website  | Online chat  |
|--|---|---|---|
| NetAware Parents' guide to apps/games/social media sites to help keep children safe | | https://www.net-aware.org.uk/ | |
| Shout Crisis text messenger service | Text 85258 24/7 Free on most networks | https://www.giveusashout.org/get-help/ | |
| IMAlive Online crisis messenger service (based in US) | 24/7 | https://www.imalive.org/ |  |
| Frank Honest information and advice about drugs and alcohol | 0300 1236600 Text 82111 confidential 24/7 | https://www.talktofrank.com/ | |
| Drinkline Confidential information and advice for you or someone you are worried about | 0300 123 1110 weekdays 9am–8pm, weekends 11am–4pm free | | |

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| CEOP Reporting online sexual abuse or content | | https://www.ceop.police.uk/safety-centre/ | |
| Samaritans Free confidential support line for people who are feeling desperate | 116 123 | https://www.samaritans.org/ | On its way! Chat will be available soon. |
| Pace Telephone support and secure online forum for parents of exploited children | 0113 240 5226 Office hours £ | https://paceuk.info/for-parents/ | |
| SelfHarm UK Support with self-harm issues | X | www.selfharm.co.uk | |
| Money Advice Service Financial help and information | 0800 138 7777 Free | https://www.moneyadviceservice.org.uk/en | |
| Step Change Debt support charity | | https://www.stepchange.org/debt-info/emergency-funding.aspx |  |

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| Refuge Domestic abuse helpline and online support and information | 0808 2000 247 Free 24/7 | https://www.nationaldahelpline.org.uk/ | |
| Young Minds Support for parents when young people suffer poor mental health | | https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/ | |
| Recovery Support for drug and alcohol addiction | 0203 553 0324 Free callback available 24/7 | https://www.recovery.org.uk/ |  |
| Adfam Support for families affected by drugs and alcohol | | https://adfam.org.uk/ | |
| Stop Breathe Think Free Mindfulness app (pay version also available) | | https://www.stopbreathethink.com/ | |

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| 101 Non-emergency Police number. For emergencies DIAL 999 | 101 15p per call | | |
| 111 <u>Non- emergency</u> health advice. For emergencies DIAL 999. | 111 Call if you are seriously worried about symptoms 24/7 free | https://111.nhs.uk/ Use website if your enquiry isn't serious | |
| Stoke-on- Trent Children's Social Care | 01782 235100 | | |
| Staffordshire Children's Social Care | 0800 1313 126 | | |

Free resources for children and young people during COVID-19 restrictions:

- <https://www.phoenixgrouphq.com/covid-19>

And finally, some indoor activities for younger children available on these websites:

- <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- <https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>