













Helplines, apps and websites to support parents/carers

	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/	

<p>101 Non-emergency Police number. For emergencies DIAL 999</p>	<p>101 15p per call</p>		
<p>111 <u>Non- emergency</u> health advice. For emergencies DIAL 999.</p>	<p>111 Call if you are seriously worried about symptoms 24/7 free</p>	<p>https://111.nhs.uk/ Use website if your enquiry isn't serious</p>	

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/>