




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/	
Frank Honest information and advice about drugs and alcohol	0300 123 6600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
Drinkline Confidential information and advice for you or someone you are worried about	0300 1231110 weekdays 9am–8pm, weekends 11am–4pm		
Phoenix Education Support with educating during isolation		https://www.phoenixgrouphq.com/educating-inisolation	
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.

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<p>Pace</p> <p>Telephone support and secure online forum for parents of exploited children</p>	<p>0113 240 5226</p> <p>Office hours</p>	<p>https://paceuk.info/for-parents/</p>	
<p>SelfHarm UK</p> <p>Support with self-harm issues</p>		<p>www.selfharm.co.uk</p>	

<p>Money Advice Service</p> <p>Financial help and information</p>	<p>0800 138 7777</p> <p>Free</p>	<p>https://www.moneyadviceservice.org.uk/en</p>	
<p>Step Change</p> <p>Debt support charity</p>		<p>https://www.stepchange.org/debtinfo/emergencyfunding.aspx</p>	✓
<p>Refuge</p> <p>Domestic abuse helpline and online support and information</p>	<p>0808 2000 247</p> <p>Free 24/7</p>	<p>https://www.nationaldahelpline.org.uk/</p>	
<p>Young Minds</p> <p>Support for parents when young people suffer poor mental health</p>		<p>https://youngminds.org.uk/findhelp/forparents/parents-survival-guide/</p>	
<p>Recovery</p> <p>Support for drug and alcohol addiction</p>	<p>0203 553 0324</p> <p>Free callback available 24/7</p>	<p>https://www.recovery.org.uk/</p>	✓
<p>Adfam</p> <p>Support for families affected by drugs and alcohol</p>		<p>https://adfam.org.uk/</p>	

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<p>Stop Breathe Think</p> <p>Free Mindfulness app (pay version also available)</p>		<p>https://www.stopbreathethink.com/</p>	
<p>101</p> <p>Nonemergency Police number.</p> <p>For emergencies DIAL 999</p>	<p>101</p> <p>15p per call</p>		
<p>111</p> <p><u>Non-emergency</u> health advice.</p> <p>For emergencies DIAL 999.</p>	<p>111</p> <p>Call if you are seriously worried about symptoms</p> <p>24/7 free</p>	<p>https://111.nhs.uk/</p> <p>Use website if your enquiry isn't serious</p>	
<p>Social Care</p>	<p>Stoke on Trent:</p> <p>01782 235100</p> <p>Staffordshire:</p> <p>0800 1313 126</p>		
<p>New Era</p> <p>Support for victims of domestic abuse</p>	<p>0300 303 3778</p>	<p>Call 999 if it is an emergency</p>	<p>✓</p>
<p>Brighter Futures</p> <p>Support with mental health and housing</p>	<p>01782 406 000</p>	<p>Email : info@brighter-futures.org.uk</p>	
<p>Healthy Minds</p> <p>Psychological services</p>	<p>0300 123 0907</p>	<p>Email: info@healthy-minds.org.uk</p>	
<p>Housing Solutions</p>	<p>01782 233696</p>	<p>housing.adVICEServices@stoke.gov.uk</p>	
<p>Childline</p>	<p>0800 1111</p>		
<p>VAST</p> <p>Support with food parcels, prescriptions, gas and electricity</p>	<p>0800 5615610</p>	<p>https://corona19.vast.org.uk/individuals-requesting-support/</p>	

Reminder for our [ESPRIT academies](#), if you have any safeguarding or wellbeing concerns during the school closures you can email us at: safeguarding@espritmat.org

Stay safe and well