



## **Useful numbers and websites during Christmas School holidays 2020/21**

As we approach the Christmas holidays some of our team go on leave and weekly check-ins with your Parent and Family Support Advisor, Family Support Practitioner or Medical Tuition may stop. We have put together a list of useful numbers and websites for you to use should you need extra support or guidance over Christmas. The whole Team will be back at the beginning of January.

### **Emergency numbers**

#### **Somerset Emergency Duty Line (out of hours):**

**0300 123 2327** (evenings and weekends) For any family in Somerset, you can speak to a social worker outside of office hours to report if you are worried about a child or if you feel in crisis and need urgent support.

#### **Somerset Direct to report a safeguarding concern:**

**0300 123 2224** [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk) If you are worried about a child or young person who could be in danger, please contact this number or call the police.

#### **If you are experiencing domestic abuse:**

Call the **National Domestic Abuse Helpline** on **0808 2000247** or visit [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) or contact [Somerset Survivors](#) on **0800 69 49 999**, open 8am-8pm Monday -Friday and 9am-1pm Saturday & Sunday.

## Other useful numbers and websites

### Citizen Advice:

[www.citizensadvicemendip.org.uk](http://www.citizensadvicemendip.org.uk) (response with 4 days) Somerset Telephone Advice: **03 444 889 623**

Free, confidential information and advice to assist people with money, legal, consumer and other problems.

### Fair Frome:

**Tel: 01373 488578. Mobile 07714 587129** (open Monday, Wednesday, Friday 10am to 1.00pm). Local food bank providing food parcels and vouchers for local takeaways (in person or delivered).

### Young Minds:

<https://youngminds.org.uk/> The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people.

### Kooth:

<https://www.kooth.com> A digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.

### Chat health:

<https://chathealth.nhs.uk/> Offers quick and confidential support to young people between the ages of 11 and 19. It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

### YMCA Brunel Group:

[Support & Advice - YMCA Brunel Group \(ymca-bg.org\)](http://ymca-bg.org) Online and physical support group and advice for 10 – 19 year olds.