

Useful numbers for families 2022

Frome Learning Partnership have put together a list useful contacts you can use should you need extra support or guidance.

Children's Social Care

0300 123 2224

childrens@somerset.gov.uk

If you are worried about a child or young person who could be in danger call or email CSC or the police. Calls are dealt with in the strictest of confidence. In an emergency dial 999.

Somerset Emergency Duty Line

0300 123 2327 (evenings and weekends)

For any family in Somerset if you are worried about a child or if you feel in crisis and need urgent support and would like to speak to a social worker outside of office hours.



FIND, Family Information Network Directory

<https://www.frometowncouncil.gov.uk/find/>

Frome's Family Information Network Directory, an easy to use, and up to date platform for you to find the information you need for your family all in one place.



Somerset Survivors

0800 69 49 999

<https://somensetsurvivors.org.uk/>

Domestic abuse can affect anyone. You are not alone, you are not to blame, and you do not have to suffer in silence. Help is available to report domestic abuse.



National Domestic Abuse Helpline

0808 2000247

www.nationaldahelpline.org.uk

24hr freephone National Domestic Violence Helpline is available 24 hours a day, 7 days a week. The helpline is answered by fully trained female support workers and volunteers, who will answer your call-in confidence.



Somerset Citizens advice

03 444 889 623

www.citizensadvicemendip.org.uk

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



www.cypsomersethealth.org

This website has been designed to support parents and carers to find the information they need to help with their role of 'being a parent'. Parenting can be the most rewarding job in the world but at some point, all parents need a bit of help.

They have identified the most common topics that affect families and linked these to recommended web-based information and local support.



Fair Frome

01373 488578

Fair Frome Food Bank Operates in BA11 and surrounding villages. Food parcels supply food basics for three or more days.

It's a referral scheme via local support agencies – please first contact Mendip Citizen's Advice, for assistance with your financial situation and to receive a referral to the food bank. 03 444 889 623 Monday to Friday 10am—4pm.

If you are on Universal Credit, contact Job Centre Plus. Health professionals and schools are also referrers.

The food bank is open between 10am and 1pm on Mondays, Wednesdays and Fridays.



NHS 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.

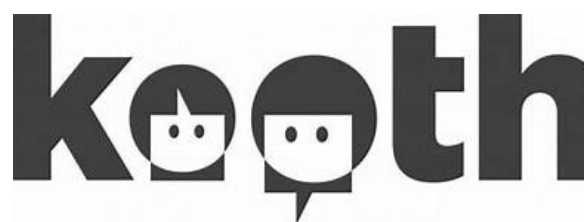


Young Somerset

<https://www.youngsomerset.org.uk/>

Wellbeing is about how we feel and how we cope with everyday difficulties. We do not have to feel happy all of the time to have positive wellbeing.

However, if your child or young person is finding it difficult to cope with everyday life, this is where it might be helpful to work with one of our wellbeing practitioners. Contact us for more information.



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.

Mindline Somerset

Emotional support helpline
Coronavirus



01823 276 892

Available

Mon - Fri 9am - 11pm

Sat - Sun 8pm - 11pm