

# 1-2-3 family wellbeing

Here's a selection of resources to help your family with income support (money, debt), essentials (food, healthy eating, housing) and staying healthy. See below for local and online resources for mental health, relationships, confidential life advice and much more for your family's health and wellbeing. Please access services via telephone or online first due to COVID-19 as opening times may be subject to change.

## 1 Income support

Free impartial money advice



Tel: 0800 138 7777

[www.moneyadviceservice.org.uk/en](http://www.moneyadviceservice.org.uk/en)

For advice on benefits, money, housing.

Tel: 0800 254 0298

[www.caml.org.uk](http://www.caml.org.uk)



Family support, employment services, helpline for disabled people.

Tel: 0808 800 3333

**SCOPE** = Equality for disabled people



Free helpline: 0800 808 4000

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)



Free debt advice

Tel: 0800 138 1111

[www.stepchange.org](http://www.stepchange.org)



Every Pound Counts – advice on benefits

Tel: 020 7926 5555

<http://www.lambeth.gov.uk/benefits-and-council-tax/housing-benefit/get-benefits-advice>

## 2 Provide essentials

Advice on Arranging Childcare and Nursery

[www.lambeth.gov.uk/child-ren-young-people-and-families](http://www.lambeth.gov.uk/child-ren-young-people-and-families)

Free fruit & veg, milk and vitamins  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Tel 0345 607 6823

HEALTHY START

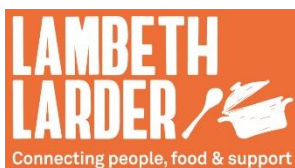


Requires a voucher

<https://norwoodbrixton.foodbank.org.uk/>

[www.foodbank.org.uk/](https://norwoodbrixton.foodbank.org.uk/)

Tel 07722 121108



Emergency food, help and advice

[www.lambethlarder.org](http://www.lambethlarder.org)

Shelter

Advice, support, legal services for poor housing/homelessness

[www.england.shelter.org.uk](http://www.england.shelter.org.uk)

Tel: 0808 800 4444



Family support, getting back to work, courses, stay and play, child development ☺

[www.maytree-nursery.lambeth.sch.uk](http://www.maytree-nursery.lambeth.sch.uk)

4 Allingham Road | London | SW4 8EG

School & Children's Centre

Tel 020 8671 3298

## 3 Join in and thrive



Essential support for under 25s

Free life advice: money, housing, health, relationships.

[www.themix.org](http://www.themix.org)

Tel 0808 808 4994



[www.evelinalondon.nhs.uk/parentline](http://www.evelinalondon.nhs.uk/parentline)

**ChatHealth:** Lambeth Young People aged 11-19 can contact a school nurse via text for confidential advice and support. Tel 07507 332 150

[www.evelinalondon.nhs.uk/chathealth](http://www.evelinalondon.nhs.uk/chathealth)



Support and resources for families with babies and infants :

Tel 020 7582 4182

[www.leaplambeth.org.uk/](http://www.leaplambeth.org.uk/)



Free healthy lifestyle advice

<https://www.lambeth.gov.uk/ready-steady-go>



Free, safe, anonymous online mental health and wellbeing support for young people  
[www.kooth.com](http://www.kooth.com)



Support and friendship for families from 3<sup>rd</sup> trimester of pregnancy to 5 years old:

Tel 0207 924 9292

[www.homestartlambeth.co.uk](http://www.homestartlambeth.co.uk)