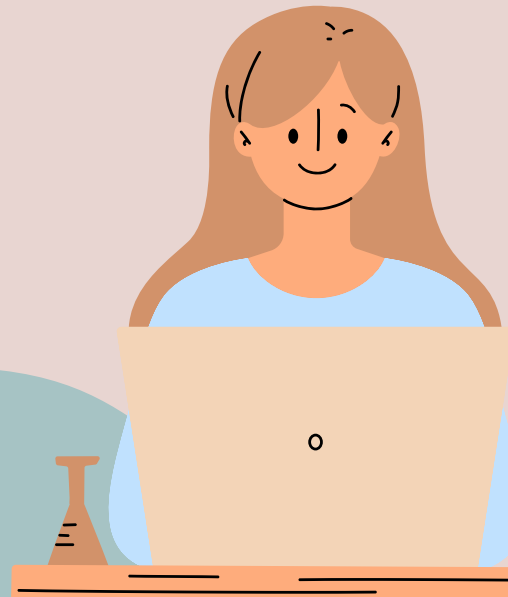


# SUPPORT FOR SCHOOL HOLIDAYS AND WEEKENDS

When school is closed, there is still support available to you for a range of issues! See below for contact details and links.



## CHILDREN'S SOCIAL CARE

- Sandwell MASH (multi-agency safeguarding hub): 0121569 3100
- Birmingham MASH 0121 303 1888
- Dudley MASH 0300 555 0050
- Walsall MASH 0300 555 2866
- Wolverhampton MASH 01902 555392
- Staffordshire MASH 0300 111 8007

You can also google these and find their websites.  
Contact the MASH for the area the child you are worried about, lives in.

## OTHER FORMS OF SUPPORT

- Black Country Women's Aid 0121553 0090
- Birmingham and Solihull Women's Aid 0808 800 0028
- RSVP (Rape and Sexual Violence Project) 0121 643 4136
- Galop (Domestic Abuse charity for LGBTQ+) 0800 999 5428
- To find your local NHS services (e.g. GP, Sexual Health Services, Urgent Care Centre) [www.nhs.uk/nhs-services/services-near-you/](http://www.nhs.uk/nhs-services/services-near-you/)
- CEOP (if you are concerned your child is being groomed or sexually abused online) – [www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)
- Forced Marriage Helpline 02070080151
- NSPCC FGM Helpline – 0800 028 3550
- Advice around Online Safety for your child:  
– [www.internetmatters.org/](http://www.internetmatters.org/)  
– Childline Report Remove Tool (if your child has sent a nude or semi-nude image of themselves)

## PRACTICAL SUPPORT

- Citizens Advice Bureau (CAB) – 0800 144 8848
- Christians Against Poverty (CAP) – Debt advice and support: [www.capuk.org](http://www.capuk.org)
- National Debtline 0808 808 4000
- Money Wellness 0161 518 8282
- Food banks – The Trussell Trust [www.trusselltrust.org](http://www.trusselltrust.org)
- Warm Banks – [www.warmspaces.org](http://www.warmspaces.org)
- Support regarding housing and homelessness issues: [www.england.shelter.org.uk](http://www.england.shelter.org.uk)
- Homeless support within Sandwell: 0121 368 1166 (option 2).

## MENTAL HEALTH SUPPORT

- Samaritans 116 123
- Carers UK 0808 808 7777
- MIND 0300 123 3393 (Infoline)
- Young Minds
- Childline 0800 1111
- SIBS UK (support for siblings of children with disabilities)
- CALM (Campaign Against Living Miserably) – Suicide Prevention 0800 58 58 58
- Sandwell CAMHS 0121 612 6620

## EMERGENCY SERVICES

- Police – 101 (for non-emergency) 999 (emergency)
- Fire Service – 999
- Ambulance – 999
- NHS 111 for non-emergency medical advice
- RSVP (Rape and Sexual Violence Project)
- Remember you can report a crime using the chat function on the West Midlands Police website

