













## Helplines, apps and websites to support parents

	<b>Phone</b> 	<b>Website</b> 	<b>Online chat</b> 
<b>NetAware</b> Parents' guide to apps/games/social media sites to help keep children safe		<a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a>	
<b>Shout</b> Crisis text messenger service	Text 85258  24/7  Free on most networks	<a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>	
<b>IMAlive</b> Online crisis messenger service (based in US)	24/7	<a href="https://www.imalive.org/">https://www.imalive.org/</a>	
<b>Frank</b> Honest information and advice about drugs and alcohol	0300 1236600  Text 82111 confidential  24/7	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	
<b>Drinkline</b> Confidential information and advice for you or someone you are worried about	0300 123 1110  weekdays 9am–8pm, weekends 11am–4pm  free		

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<b>CEOP</b> Reporting online sexual abuse or content		<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>	
<b>Samaritans</b> Free confidential support line for people who are feeling desperate	116 123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	On its way! Chat will be available soon.
<b>Pace</b> Telephone support and secure online forum for parents of exploited children	0113 240 5226  Office hours  £	<a href="https://paceuk.info/for-parents/">https://paceuk.info/for-parents/</a>	
<b>SelfHarm UK</b> Support with self-harm issues	X	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>Money Advice Service</b> Financial help and information	0800 138 7777  Free	<a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a>	
<b>Step Change</b> Debt support charity		<a href="https://www.stepchange.org/debt-info/emergency-funding.aspx">https://www.stepchange.org/debt-info/emergency-funding.aspx</a>	

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<b>Refuge</b> Domestic abuse helpline and online support and information	0808 2000 247  Free  24/7	<a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>	
<b>Young Minds</b> Support for parents when young people suffer poor mental health		<a href="https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/">https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/</a>	
<b>Recovery</b> Support for drug and alcohol addiction	0203 553 0324  Free callback available  24/7	<a href="https://www.recovery.org.uk/">https://www.recovery.org.uk/</a>	
<b>Adfam</b> Support for families affected by drugs and alcohol		<a href="https://adfam.org.uk/">https://adfam.org.uk/</a>	
<b>Stop Breathe Think</b> Free Mindfulness app (pay version also available)		<a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>	

<b>101</b> Non-emergency Police number. <b>For  emergencies  DIAL 999</b>	101  15p per call		
<b>111</b> <u>Non-</u> <u>emergency</u> health advice. <b>For  emergencies  DIAL 999.</b>	111 Call if you are seriously worried about symptoms  24/7 free	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>  Use website if your enquiry isn't serious	
<b>Stoke-on-</b> <b>Trent</b> <b>Children's</b> <b>Social Care</b>	01782 235100		
<b>Staffordshire</b> <b>Children's</b> <b>Social Care</b>	0800 1313 126		

Free resources for children and young people during COVID-19 restrictions:

- <https://www.phoenixgrouphq.com/covid-19>

And finally, some indoor activities for younger children available on these websites:

- <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- <https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>