

Information for parents

Safeguarding support	(DSL/DDSL email / contact no.)
Social care Advice and support	<p>Early Help Outreach advice – 0191 4246210 (for children over 5), 0191 4246363 (for children under 5 years)</p> <p>Children’s services – 8.30am-5pm – 0191 4245010</p> <p>Children’s services (out of hours 5pm onwards) – 0191 4562093</p> <p>Police (non-emergency) – 101</p> <p>Emergency – 999</p> <p>Community Police Officers – PC... - contact number –</p> <p>NSPCC – 0808 800 5000 https://www.nspcc.org.uk</p> <p>Childline – 24 hour helpline – 0800 1111</p>
Young carer’s support	<p>South Tyneside Young carers – 0191 4272795</p> <p>http://www.southtynesideyoungcarers.org/</p> <p>Email: levi@styoungcarers.org.uk - 07387109388</p>
MENTAL HEALTH SUPPORT	<p>KOOTH - free, safe and anonymous online support for young people ages 10-25) Mon-Fri 12pm-10pm, Sat-Sun 6pm-10pm http://www.kooth.com/</p> <p>LIFECYCLE - Free mental and emotional health support via telephone and face to face appointments. 0191 2832937</p> <p>CYPS – Free mental health support for young people who are experiencing serious mental illnesses or symptoms of ill mental health. 0191 5665500</p> <p>ICTS (Crisis) Team – free emergency support for young people who present an immediate risk to themselves or others. 0191 5665500 (under 16), 0303 1231145 (over 16) – then ask for the ICTS team</p> <p>MIND – Mental Health Charity – 0300 123 3393</p> <p>PAPYRUS – Prevention of young suicide – 0800 068 4141</p> <p>SAMARITANS – Phone 116 123 – jo@samaritans.org</p> <p>STREETWISE – Free and confidential advice, counselling health and support services for young people aged 11-25 – 0191 230 5400</p>

	<p>RETHINK MENTAL ILLNESS – 03005000927</p> <p>CALM – support for men – 0800 58 58 58</p> <p>HOPE AGAIN – Bereavement support – 0808 808 1677</p> <p>MIND – Mental Health Charity – 0300 123 3393</p> <p>NHS MENTAL HEALTH & WELLBEING - http://www.nhs.uk/conditions/stress-anxiety/depression</p> <p>NHS CHOICES WEBSITE – http://www.nhs.uk</p> <p>FRANK – national drugs information and advice service – 24hours per day – 0300 123 6600 – text 82111 – email - frank@talktofrank.com</p> <p>NATIONAL DOMESTIC VIOLENCE HELPLINE – 0808 2000 247</p> <p>WELLBEING INFO.ORG – Website with advice, tools and support – http://wellbeinginfo.org 0191 4178043</p>
FOOD BANKS	<p>New Hope Church, South Shields – 0191 4245462</p> <p>Hospitality and Hope, South Shields – 0191 420 3336</p> <p>Hebburn Helps – 0191 4899707</p> <p>Churches Together Food bank, Boldon lane, South Shields– 07833 613393</p>
FINANCE	<p>Financial crisis fund: The Fund provides direct financial support to residents in financial crisis as a result of the Covid-19 pandemic. It is managed by the Welfare Support Team in South Tyneside Homes. Applicants to the scheme should contact 0191 424 7444 or visit https://www.southtyneside.gov.uk/article/35031/Crisis-support</p>
CORONAVIRUS SUPPORT	<p>COVID-19 support for residents – 0191 4247575 – Mon-Fri 8am-6pm, Sat-Sun 9am-1pm – http://www.southtyneside.gov.uk/article/69129/Cornavirus-COVID-19-</p>

