

# National helplines and support services

Families may face all kinds of challenges over this time and it is important to know who you can turn to for support and information. You or your children may need support, or you may hear something about another family that needs help. We have collated a list of websites and helplines that may be useful for you, a friend or family member. For any issues that are not listed here you can try the [Citizens Advice Bureau](#) or [Find a helpline](#).

Add the safeguarding contacts (email, text or phone) for school/college here also so parents/carers can contact directly for support. In an emergency call 999.

## Abuse

If you have concerns about a child contact the [NSPCC](#) helpline  
**0808 800 5000**

If you or someone you know is experiencing abuse contact the [national domestic violence](#) 24-hour helpline  
**0808 2000 247**

If you or someone you know has experienced sexual assault, [contact the national rape crisis helpline](#)  
**0808 802 9999**

If you or someone you know is looking for support because they are violent, there is support available through the [respect phonenumber](#) **0808 802 4040**

## Coping with loss and grief

Children cope with grief and loss in unique ways. For more on how to support children who have experienced a bereavement, take a look [here](#).

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## Disabled children, young people and family members

There are many websites where families with disabled children can get support and information including [Mencap](#), [the national autistic society](#), [kids](#) and [Carers UK](#).

## Foodbanks

If you are struggling to feed your family, find your nearest foodbank [here](#). If you are pregnant and/or have young children, find out about more support [here](#).

## Homelessness

If you are facing homelessness or eviction, contact [Shelter](#) on **0808 800 4444** or your local [Crisis](#) centre.

## Legal

[The Child Law Advice Line \(CLAL\)](#) offers advice on family law **0300 330 5480** and education law **0300 330 5485**

## LGBT+ support

[Switchboard](#) – the LGBT+ Helpline can be contacted by all LGBT+ people for any issue **0300 330 0630**

## Mental health

Young Minds operate a parents' helpline to talk through your concerns for your child's mental health **0808 802 5544**

If you need support, particularly if you are feeling suicidal, call the [Samaritans](#) helpline to confidentially speak to another adult who cares **116 123**

## Online safety

[Thinkyouknow](#) offers advice on how to support young people to stay safe online as does [Parent info](#).

## Parenting

[Family Lives](#) has some great resources on how to cope during the lock down **0808 800 2222**.

If you parent or care for a vulnerable child (with a social worker) and need support or advice contact the [Family Rights Group](#) **0808 801 0366**

## Racism and race equality

If you or anyone you know experience a hate crime, contact [True Vision](#) to make a report

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