

Child and Family Contacts

Childline: Helpline: 0800 1111 / Website: www.childline.org.uk

ChildLine is the free helpline for children and young people in the UK. Children and young people can call them on 0800 1111 to talk about any problem

NSPCC Child Protection Helpline: Phone: 0808 800 5000 / Website: www.nspcc.org.uk

Textphone for people who are deaf or hard of hearing: 0800 056 0566

The NSPCC Helpline is a free, 24-hour service which provides counselling, information and advice to parents who need support and anyone who has concerns about a child.

NSPCC Asian Child Protection Helpline (Open 11am to 7pm, Mon-Fri)

- Bengali-speaking adviser 0800 096 7714
- Gujarati-speaking adviser 0800 096 7715
- Hindi-speaking adviser 0800 096 7716
- Punjabi-speaking adviser 0800 096 7717
- Urdu-speaking adviser 0800 096 7718
- English-speaking Asian adviser 0800 096 7719

Talk to Frank: Helpline 0800 77 66 00 / Website: www.talktofrank.com

Ring FRANK anytime and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs.

Help for Victims: www.helpforvictims.co.uk

Independent, informed and impartial advice for victims of crime. This website provides information about how victims and witnesses should be treated within the Criminal Justice System and offers advice for those affected by crime.

Contact a Family: Helpline: 0808 808 3555 and textphone 0808 808 3556

(free service, open 10am to 4pm, Monday to Friday) / Website: www.cafamily.org.uk

Provides help and advice to families caring for a disabled child or a child with specific health conditions.

Fatherhood Institute: Helpline: 0845 634 1328 / Website: www.fatherhoodinstitute.org

The Fatherhood Institute is a national support organisation for all dads. Some of its projects focus on helping fathers to support their children's learning.

National Domestic Violence Helpline: Helpline: 0808 2000 247 (Freephone 24-hour)
Helpline run in partnership between Women's Aid and Refuge. This service is available for women and children experiencing domestic violence.

Relate: Helpline: 0845 456 1310 / Website: www.relate.org.uk

Provides relationship support for individuals, couples and families. Offers counselling

Parentline Plus: Helpline: 0808 800 2222 / Textphone: 0800 783 6783

/ Website: www.parentlineplus.org.uk

A national charity offering help and information for parents, carers and families via a range of services including a free 24-hour confidential helpline, workshops, courses, information leaflets, email and website.