



# Useful Contacts

## Safeguarding Support

### Contact email:

info@whitburnvillage.s-tyneside.sch.uk

### Social Care Advice and Support:

Early Help Outreach Advice: 0191 4246210

Children's Services (ISIT) 9am—5pm: 0191 4245010

Children's Services (Out of Hours) 5pm onwards: 0191 4562093

Police (non emergency): 101—(emergency) 999

Community Police Officers (P.C Andy Wilkinson): 07885263531 /

(P.C Natalie Gibson): 07885263398

## Young Carer's Support

### South Tyneside Young Carers:

<https://www.southtynesideyoungcarers.org/>

0191 4272795

Email: levi@styoungcarers.org.uk

## Mental Health Support

Kooth—free, safe and anonymous online support for young people aged 10-25)(Mon-Fri 12pm-10pm, Sat and Sun 6pm-10pm)

<https://www.kooth.com/>

Lifecycle—free mental and emotional health support via telephone and face-to-face appointments.

0191 2832937

CYPS—free mental health support for young people who are experiencing serious mental illness or symptoms of ill mental health:

0191 5665500

ICTS (Crisis) Team—free emergency support for young people who present an immediate risk to themselves or others

0191 5665500—then ask for the ICTS Team

## Food Banks

New Hope Church, South Shields: 0191 4245462

Hospitality and Hope, South Shields: 0191 4203336