



Information for parents

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

	<p><b>SAMARITANS</b> – Phone 116 123 – <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p><b>STREETWISE</b> – Free and confidential advice, counselling health and support services for young people aged 11-25 – 0191 230 5400</p> <p><b>RETHINK MENTAL ILLNESS</b> – 03005000927</p> <p><b>CALM</b> – support for men – 0800 58 58 58</p> <p><b>HOPE AGAIN</b> – Bereavement support – 0808 808 1677</p> <p><b>MIND</b> – Mental Health Charity – 0300 123 3393</p> <p><b>NHS MENTAL HEALTH &amp; WELLBEING</b> - <a href="http://www.nhs.uk/conditions/stress-anxiety/depression">http://www.nhs.uk/conditions/stress-anxiety/depression</a></p> <p><b>NHS CHOICES WEBSITE</b> – <a href="http://www.nhs.uk">http://www.nhs.uk</a></p> <p><b>FRANK</b> – national drugs information and advice service – 24hours per day – 0300 123 6600 – text 82111 – email - <a href="mailto:frank@talktofrank.com">frank@talktofrank.com</a></p> <p><b>NATIONAL DOMESTIC VIOLENCE HELPLINE</b> – 0808 2000 247</p> <p><b>WELLBEING INFO.ORG</b> – Website with advice, tools and support – <a href="http://wellbeinginfo.org">http://wellbeinginfo.org</a> 0191 4178043</p>
<b>FOOD BANKS</b>	<p><b>New Hope Church</b>, South Shields – 0191 4245462</p> <p><b>Hospitality and Hope</b>, South Shields – 0191 420 3336</p> <p><b>Hebburn Helps</b> – 0191 4899707</p> <p><b>Churches Together Food bank</b>, Boldon lane, South Shields– 07833 613393</p>
<b>FINANCE</b>	<p><b>Financial crisis fund:</b> 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 <a href="https://www.southtyneside.gov.uk/article/35031/Crisis-support">https://www.southtyneside.gov.uk/article/35031/Crisis-support</a></p>
<b>CORONAVIRUS SUPPORT</b>	<p><b>COVID-19 support for residents</b> – 0191 4247575 – Mon-Fri 8am-6pm, Sat-Sun 9am-1pm – <a href="http://www.southtyneside.gov.uk/article/69129/Coronavirus-COVID-19-">http://www.southtyneside.gov.uk/article/69129/Coronavirus-COVID-19-</a></p>