

# **SOURCES OF SUPPORT FOR PARENTS**

## **Changes in Money Circumstances**

### **Citizens Advice Harrogate**

Address - Audrey Burton House, Queensway, Harrogate HG1 5LX

Phone: 0808 2787900

**[www.cachd.org.uk](http://www.cachd.org.uk)**

Online advice is available 24/7 at <https://www.citizensadvice.org.uk/>

You can contact us by email on our website: <https://cachd.org.uk/email>

### **Universal Credit**

Universal Credit - <https://www.gov.uk/universal-credit>

Universal Credit helpline

Telephone: 0800 328 5644

### **School Transport**

Home to School Transport - <https://www.northyorks.gov.uk/education-and-learning/school-and-college-transport/school-transport-reception-year-11-children>

Phone: 01609 533693

Email: [schooltransport@northyorks.gov.uk](mailto:schooltransport@northyorks.gov.uk)

### **Free School Meals**

<https://www.northyorks.gov.uk/education-and-learning/free-school-meals>

### **National Debt Line**

<https://nationaldebtline.org/>

Telephone: 0808 808 4000

### **SEND**

SENDIASS – Advice and Support for Adults supporting young people with SEND.

<https://sendiassnorthyorkshire.co.uk/>

**SEN Funding Support** - <https://cyps.northyorks.gov.uk/sen-support-funding>

**Household Support Fund** - <https://www.northyorks.gov.uk/benefits/household-support-fund>

**North Yorkshire Together (cost of living support)** - <https://northyorkshiretogether.co.uk/get-support/children-families/>

## **Emotional Support and Supporting your Child**

### **Shout**

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

**Text Shout to 85258**

### **MIND**

<https://www.mind.org.uk/>

### **Samaritans**

Phone: 116 123 (free from any phone)

### **SANeline**

<https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>

Phone: 0300 304 7000 (4.30pm–10.30pm every day).

### **Campaign Against Living Miserably (CALM).**

Telephone: 0800 585858 (5pm-Midnight) or you can use a live chat or contact through whatsapp

### **Relate**

<https://www.relate.org.uk/>

Telephone: 0300 003 2972

### **Wellspring Harrogate**

**Address:** Wellspring House, 78 High Street, Starbeck, Harrogate, HG2 7LW

**Phone:** 01423 881 881

**E:** [office@wellspringtherapy.co.uk](mailto:office@wellspringtherapy.co.uk)

<https://wellspringtherapy.co.uk/>

### **IDAS (Supporting people affected by domestic abuse and sexual violence)**

<https://www.idas.org.uk/>

**North Yorkshire & Sheffield Helpline: 03000 110 110**

Email - [info@idas.org.uk](mailto:info@idas.org.uk)

**IDAS** – also run a programme for adolescents to whom are demonstrating controlling or aggressive behaviours especially within the home. RESPECT programme.

### **Compass**

<https://www.compass-uk.org/services/compass-phoenix/>

Telephone: 01904 661916 or 0800 008 7452

**Compass Buzz** text service: 07520 631168

### **Papyrus – Prevention of Young suicide**

<https://www.papyrus-uk.org/>

Telephone: 0800 068 41 41

### **Drug and Alcohol (young people and adults)**

**North Yorkshire Rise (substance use/health and wellbeing/sexual health)**

Telephone: 01723 330730

Freephone: 08000 141480

Email: [humankind.nyyp.admin@nhs.net](mailto:humankind.nyyp.admin@nhs.net)

## **Other Sources of Support**

**North Yorkshire Council** – which provides multiple methods of support including social services, supporting emotional health and wellbeing, early help and healthy child

<https://www.northyorks.gov.uk/contact-us>

Telephone: 0300 131 2131

### **Separating parents**

[oneplusone.org.uk/separating-better](http://oneplusone.org.uk/separating-better)

### **Victim of Crime**

Restorative Justice: Call 01609 643100 or email: [help@supportingvictims.org](mailto:help@supportingvictims.org)

### **Safeguarding**

<https://www.safeguardingchildren.co.uk/>

Telephone: 01609 535123

<https://www.nspcc.org.uk/>

Telephone: 0808 800 5000

Email: [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

### **Online Safety**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/Safety-Centre/>

### **Protecting children from exploitation**

#### **Be Aware**

Online knowledge hub set up and run by NYSCP in collaboration with young people, parents and carers, and professionals across North Yorkshire to help prevent and tackle Child Exploitation.

<https://www.safeguardingchildren.co.uk/beaware/>

### **Drug and Alcohol (18 years +)**

North Yorkshire Horizons: <https://www.nyhorizons.org.uk/> or 08000 14 14 80

### **Gambling**

#### **GamCare**

<https://www.gamcare.org.uk/get-support/young-peoples-support-service/>

Telephone: 0808 8020 133

#### **YGam:**

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

Telephone: 0203 837 4963