

# HELPLINES, APPS AND WEBSITES TO SUPPORT PARENTS

	PHONE 	WEBSITE 	ONLINE CHAT? 
<b>NetAware</b> Parents' guide to apps/games/ social media sites to help keep children safe	<b>X</b>	<a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a>	
<b>Shout</b> Crisis text messenger service	Text 85258  24/7  Free on most networks	<a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>	
<b>IMAlive</b> Online crisis messenger service (based in US)	24/7	<a href="https://www.imalive.org/">https://www.imalive.org/</a>	
<b>Frank</b> Honest information and advice about drugs and alcohol	0300 1236600  Text 82111 confidential  24/7	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	Live chat service operates from 2pm - 6pm, 7 days a week.  
<b>Drinkline</b> Confidential information and advice for you or someone you are worried about	0300 123 1110  weekdays 9am-8pm, weekends 11am-4pm  free		

	<b>PHONE</b> 	<b>WEBSITE</b> 	<b>ONLINE CHAT?</b> 
<b>CEOP</b> Reporting online sexual abuse or content	X	<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>	
<b>Samaritans</b> Free confidential support line for people who are feeling desperate	116 123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	On it's way! Chat will be available soon.
<b>SelfHarm UK</b> Support with self harm	X	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>Pace</b> Telephone support and secure online forum for parents of exploited children	0113 240 5226  Office hours  £	<a href="https://paceuk.info/for-parents/">https://paceuk.info/for-parents/</a>	
<b>Money Advice Service</b> Financial help and information	0800 138 7777  Free	<a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a>	
<b>Step Change</b> Debt support charity	X	<a href="https://www.stepchange.org/debt-info/emergency-funding.aspx">https://www.stepchange.org/debt-info/emergency-funding.aspx</a>	
<b>Refuge</b> Domestic abuse helpline and online support and information	0808 2000 247  Free  24/7	<a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>	
<b>Young Minds</b> Support for parents when young people suffer poor mental health	X	<a href="https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/">https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/</a>	
<b>Recovery</b> Support for drug and alcohol addiction	0203 553 0324  Free callback available  24/7	<a href="https://www.recovery.org.uk/">https://www.recovery.org.uk/</a>	

	PHONE 	WEBSITE 	ONLINE CHAT? 
<b>Adfam</b> Support for families affected by drugs and alcohol	<b>X</b>	<a href="https://adfam.org.uk/">https://adfam.org.uk/</a>	
<b>Stop Breathe Think</b> Free Mindfulness app (pay version also available)	<b>X</b>	<a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>	
<b>101</b> Non-emergency Police number. <b>For emergencies DIAL 999.</b>	101  15p per call	<a href="http://www.police.uk/contact/101">www.police.uk/contact/101</a>	
<b>111</b> Non-emergency health advice. <b>For emergencies DIAL 999</b>	111 Call if you are seriously worried about symptoms  24/7 free	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>  Use website if your enquiry isn't serious	

**Free resources for children and young people during COVID-19 restrictions:**

<https://www.phoenixgrouphq.com/covid-19>

**And finally, some indoor activities for younger children available on these websites:**

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>