









Helplines, apps and websites to support parents

	Phone 	Website 	Online chat 
NetAware Parents' guide to apps/games/social media sites to help keep children safe		https://www.net-aware.org.uk/	
Shout Crisis text messenger service	Text 85258 24/7 Free on most networks	https://www.giveusashout.org/get-help/	
IMAlive Online crisis messenger service (based in US)	24/7	https://www.imalive.org/	✓
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
Drinkline Confidential information and advice for you or someone you are worried about	0300 123 1110 weekdays 9am–8pm, weekends 11am–4pm free		
	Phone	Website	Online

			 chat
CEOP Reporting online sexual abuse or content		https://www.ceop.police.uk/safety-centre/	
Samaritans Free confidential support line for people who are feeling desperate	116 123	https://www.samaritans.org/	On its way! Chat will be available soon.
Pace Telephone support and secure online forum for parents of exploited children	0113 240 5226 Office hours £	https://paceuk.info/for-parents/	
SelfHarm UK Support with self-harm issues	X	www.selfharm.co.uk	
Money Advice Service Financial help and information	0800 138 7777 Free	https://www.moneyadvice.service.org.uk/en	
Step Change Debt support charity		https://www.stepchange.org/debt-info/emergency-funding.aspx	✓
	Phone	Website	Online



			chat 
Refuge Domestic abuse helpline and online support and information	0808 2000 247 Free 24/7	https://www.nationaldahelpline.org.uk/	
Young Minds Support for parents when young people suffer poor mental health		https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/	
Recovery Support for drug and alcohol addiction	0203 553 0324 Free callback available 24/7	https://www.recovery.org.uk/	✓
Adfam Support for families affected by drugs and alcohol		https://adfam.org.uk/	
Stop Breathe Think Free Mindfulness app (pay version also available)		https://www.stopbreathethink.com/	
101 Non-	101		

emergency Police number. For emergencies DIAL 999	15p per call		
111 <u>Non- emergency</u> health advice. For emergencies DIAL 999.	111 Call if you are seriously worried about symptoms 24/7 free	https://111.nhs.uk/ Use website if your enquiry isn't serious	
Stoke-on- Trent Children's Social Care	01782 235100		
Staffordshire Children's Social Care	0800 1313 126		

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/>