# Key Contacts & Support Services

# #StaySafe

# PALS (Patient Advice and Liaison Service)

Advice, support and mediation of health and care related matters in local trusts.

0800 587 2108

# ChildLine

Free advice and support for young people (under 19's).

0800 11 11



www.childline.org.uk

#### **Family Lives**

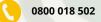
Help and support for struggling families.



www.familylives.org.uk

# Lone Parent Helpline

Guidance and support for single parents around the key issues they face, including benefits and childcare.



### National Centre for Domestic Violence (NCDV)

Advice and protection against domestic violence.

0800 970 2070



www.ncdv.org.uk

#### **MIND Mental Health**

Advice and support to support mental health issues and promote awareness.



www.mind.org.uk

#### **Family Action**

Practical, financial and emotional support to isolated or disadvantaged families across the country.

0808 802 6666

Text 07537 404 282

www.family-action.org.uk

### **ManKind Initiative**

Support for male victims of domestic abuse and violence.

01823 334 244

www.mankind.org.uk

#### Galop

Practical and emotional support for the LGBT+ community who are experiencing domestic abuse and violence.

0800 999 5428



www.galop.org.uk/domesticabuse

For more information, please contact Football Family HQ **(01977 253 023)** or Visit **footballfamily.org.uk** 

# National Autistic Society

For impartial, confidential information along with advice and support for autistic people and their families and carers.

0808 800 4104



#### CALM (Campaign Against Living Miserably)

Help and online support to help and prevent suicide and depression



www.thecalmzone.net

0800 585 858

# Change Grow Live

Confidential drug and alcohol service for young people



www.changegrowlive.org