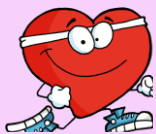


## Physical Activity



NHS Change 4 Life resources - [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

PCC Support to get active Adults  
[www.portsmouth.gov.uk/services/health-and-care/health/getting-active/](http://www.portsmouth.gov.uk/services/health-and-care/health/getting-active/)

## Education

Portsmouth City Council Educational attainment  
<https://www.portsmoutheducationpartnership.co.uk>



## SEND



Support for children with SEND  
[www.portsmouth.gov.uk/services/schools-learning-andchildcare/early-years-and-childcare/support-for-children-with-send/](http://www.portsmouth.gov.uk/services/schools-learning-andchildcare/early-years-and-childcare/support-for-children-with-send/)

## Signposting Directories

Hive service directory <https://hiveportsmouth.org.uk/hive-directory>

NHS apps library: [www.nhs.uk/apps-library/](http://www.nhs.uk/apps-library/) -Safe4me

Safe support services: [www.safe4me.co.uk/support-services](http://www.safe4me.co.uk/support-services)



## Vaccines

Portsmouth City Council COVID

<https://www.portsmouth.gov.uk/services/coronavirus-covid-19/schoolsand-families-coronavirus-information>



# ★ Signposting Support ★ Guide for ★ Portsmouth Families



Your guide to some of the local services; useful contacts and websites

Download this leaflet here!



SCAN ME



## Safeguarding

Information about keeping children safe

[www.portsmouth.gov.uk/services/health-and-care/children-andfamilies/keeping-children-safe/](http://www.portsmouth.gov.uk/services/health-and-care/children-andfamilies/keeping-children-safe/)

Domestic abuse support://[www.stopdomesticabuse.uk](http://www.stopdomesticabuse.uk)

PCC Safer Portsmouth <https://www.saferportsmouth.org.uk/>



## Financial



Directory of support for financial hardship

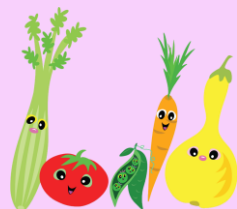
<https://www.portsmouth.gov.uk/services/benefits-and-support/help-and-support/help-for-people-in-financial-hardship-directory/#grant>

Money advice - [www.portsmouth.gov.uk/money](http://www.portsmouth.gov.uk/money)

## Food

List of foodbanks & free takeaways available –

<https://www.portsmouth.gov.uk/services/coronavirus-covid-19/advicefor-residents-coronavirus-information/help-with-food/>



## Health & Sexual Health



NHS Range of wellbeing information & resources

<https://www.nhs.uk/live-well/>

One You <https://www.nhs.uk/oneyou/>

NHS <https://what0-18.nhs.uk/> - PCC Family information service Parents/carers

<https://www.portsmouth.gov.uk/services/health-and-care/children-andfamilies/family-information/>

## Housing

Housing benefit FAQs

<https://www.portsmouth.gov.uk/services/benefits-and-support/housingbenefit/housing-benefit-faqs/>

Homelessness support

<https://www.portsmouth.gov.uk/services/housing/looking-for-a-home/ifyou-become-homeless/>



## LGBTQ+



Support for LGBTQ+ young people

<https://www.portsmouth.gov.uk/services/health-and-care/children-andfamilies/lgbtq-young-people-and-their-families/>

## Online Safety

Beware of Lurking Trolls campaign

<https://www.portsmouth.gov.uk/services/schools-learning-andchildcare/schools/beware-of-lurking-trolls/>



## Mental Health



Range of mental health advice for parent/carers

<https://www.portsmouth.gov.uk/services/health-and-care/health/mentalwellbeing/mental-health-advice-for-parents-and-carers/>

<https://www.portsmouth.gov.uk/services/health-and-care/health/mentalwellbeing/mental-health-support-for-young-people/>

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

Simon Says Bereavement support <https://www.simonsays.org.uk/>