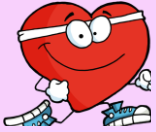


## Physical Activity



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

[20 Best Sports and Activities Days Out In Southampton Near Me | Attractions in Hampshire | Day Out With The Kids](#)

[www.dayoutwiththekids.co.uk](http://www.dayoutwiththekids.co.uk)

## Education

[Education welfare \(southampton.gov.uk\)](http://southampton.gov.uk)

[Schools & learning \(southampton.gov.uk\)](http://southampton.gov.uk)



## SEND



Support for children with SEND

[www.southampton.gov.uk/schools-learning/support-education/](http://www.southampton.gov.uk/schools-learning/support-education/)

## Signposting Directories

[www.connecttosupporthampshire.org.uk/directories&Type=LocalNHS](http://www.connecttosupporthampshire.org.uk/directories&Type=LocalNHS)

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

Southampton City Council COVID

[www.southampton.gov.uk/coronavirus-covid19/](http://www.southampton.gov.uk/coronavirus-covid19/)



# Signposting Support Guide for Southampton 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.southampton.gov.uk/health-social-care/contact-social-care/southampton-sscp/](http://www.southampton.gov.uk/health-social-care/contact-social-care/southampton-sscp/)

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

[sid.southampton.gov.uk](http://sid.southampton.gov.uk) – safeguarding information



## Financial

Directory of support for financial hardship

[www.southampton.gov.uk/benefits-welfare/money-advice/household-support-fund/](http://www.southampton.gov.uk/benefits-welfare/money-advice/household-support-fund/)

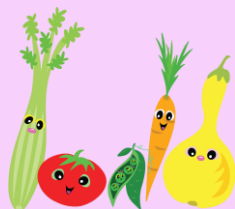
Money advice - [www.southampton.gov.uk/benefits-welfare/money-advice/useful-contacts/](http://www.southampton.gov.uk/benefits-welfare/money-advice/useful-contacts/)



## Food

List of foodbanks & free takeaways available –

<https://sid.southampton.gov.uk/kb5/southampton/directory/service.page>



## Health & Sexual Health

NHS Range of wellbeing information & resources

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

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

[www.southampton.gov.uk/health-social-care/health/sexual-health/](http://www.southampton.gov.uk/health-social-care/health/sexual-health/)



## Housing

Housing benefit FAQs

[www.southampton.gov.uk/benefits-welfare/housing-benefit/](http://www.southampton.gov.uk/benefits-welfare/housing-benefit/)

Homelessness support

[www.southampton.gov.uk/housing/housing-help/homelessness-advice/](http://www.southampton.gov.uk/housing/housing-help/homelessness-advice/)



## LGBTQ+



Support for LGBTQ+ young people

[Southampton Directory | Supporting LGBTQ+ Young People](#)

## Online Safety

Beware of Lurking Trolls campaign

[Parents - Beware of Lurking Trolls](#)  
[www.lurkingtrolls.com](http://www.lurkingtrolls.com)



## Mental Health

Range of mental health advice for parent/carers

[www.carersinsouthampton.co.uk/parenting-mental-health-pmh](http://www.carersinsouthampton.co.uk/parenting-mental-health-pmh)

[www.reminds.org.uk/advice-1](http://www.reminds.org.uk/advice-1)

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

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

