



## **Useful Numbers and Websites for Support**

### **Safety and welfare**

Children's Hub Hartlepool 01429 284284

<https://hartlepool.fsd.org.uk/kb5/hartlepool/fsd/home.page>

Out of hours social care - 01642 524552

Harbour support services - 0300 020 2525

School Nurse- (01429) 401884

### **Emotional wellbeing:**

CAMHS Crisis contact number

0300 300 0099

0300 0200 317 option 3

### **Kooth**

<https://www.kooth.com/>

(Free, safe and anonymous online support for young people)

### **Childline**

0800 1111

[https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=UK GO S B B ND Grant Childline Contact&utm\\_term=childline online chat&gclid=EAlaIQobChMlj8uQzcKw6AIVmobVCh1EgA7VEAAYASAAEgKfdfD\\_BwE&gclid=aw.ds](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/?utm_source=google&utm_medium=cpc&utm_campaign=UK_GO_S_B_B_ND_Grant_Childline_Contact&utm_term=childline_online_chat&gclid=EAlaIQobChMlj8uQzcKw6AIVmobVCh1EgA7VEAAYASAAEgKfdfD_BwE&gclid=aw.ds)

### **Samaritans**

116 123

<https://www.samaritans.org/>

## **Childmind**

<https://childmind.org/>

(Includes free resources for parents to use to explain Coronavirus to younger children)

## **Young Minds**

0808 802 5544

Young people can also text 'YM' to 85258

[https://youngminds.org.uk/?gclid=EAlalQobChMIwd\\_PpMSw6AIVA4bVCh2scgB\\_EAAYASAAEqKo9vD\\_BwE](https://youngminds.org.uk/?gclid=EAlalQobChMIwd_PpMSw6AIVA4bVCh2scgB_EAAYASAAEqKo9vD_BwE)

## **Time to change**

<https://www.time-to-change.org.uk/>

## **NSPCC**

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

## **Toileting advice:**

Please see link which is parent, child and young person friendly in respect of bed wetting, constipation, soiling, toilet refusal, day time wetting and toilet training.

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

## **Headlice advice:**

<https://www.nhs.uk/conditions/head-lice-and-nits/>

## **Food and Healthy choices**

Food bank - 01429 598404

<https://www.nhs.uk/change4life/about-change4life>

(includes free recipes which children are able to help make)