

# Supporting agencies

During these uncertain times it can be a very unsettling time for us all.

Below I have added some useful organisations both locally and nationally that are open for contact if you need to do so.

Also I am contactable for any advice, sign posting and concerns. If you would like information on how to contact me, please contact the Nursery School on 01604 642118.

Keep well and take care of you too!

Lauren

Please be aware alloy of agencies are running at different hours than usual I have tried to add this information where possible.

Citizens Advice Northampton 0344 889 629

Family Law 01604 634000

Mind Metal Health Charity 0300 123 3393(Mon- Fri 9-6pm)

No Panic Supporting sufferers of panic attacks 0844 967 4848 (daily 10am -10pm)  
[www.nopanic.org.uk](http://www.nopanic.org.uk)

Samaritans Confidential support for people experiencing feelings of distress or despair  
tel: 116 123 or visit [www.samaritians.org.uk](http://www.samaritians.org.uk)

NSPCC 0808 800 5000 (For adults concerned about a child) Childline0800 1111 (24 hour helpline) [www.nspcc.org.uk](http://www.nspcc.org.uk)

Family Lives Advice on all aspects of parenting 0808 800 222 (Mon to Fri 10am -3pm)

Relate, Relationship support [www.relate.org.uk](http://www.relate.org.uk)

Mens Health Forum Stress support for men visit [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Community Law Telephone advice 01604 621038

Eve Domestic abuse support helpline 01604 230311 national helpline 0808 2000 247 in an emergency call 999. Or private message on Facebook for advice or emotional support

Health Visitors in Northamptonshire - call 0300 1111 022 option 4 to talk to the Duty HV or use live chat at [www.nhft.uk/0-19](http://www.nhft.uk/0-19). Please be aware HV are minimising face to face contact.

Northamptonshire County Council Helpline 0300 126 1000. For those who cannot get essential help from family or friends.

<https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/request-help-and-support-coronavirus.aspx>

Northampton Domestic Abuse Service (NDAS) They are continuing to offer support over the phone and email 24/7. You can call on 0300 0120154 or email [advice@ndas-org.co.uk](mailto:advice@ndas-org.co.uk).

Strong Start available for advice and support regarding Early Years mon -Fri 10-12 07880 136170

Sunflower Centre (Domestic Abuse) - Advice and support 01604 888221

S2S substance misuse, STAR Line phone assessments contact 0808 169 8152. Crisis 111, Emergency 999. Talk to Frank 0300 123 6600 Text Frank on 82111 or email [northants@cgl.org.uk](mailto:northants@cgl.org.uk)

Young Carers for those in a caring role, providing support via phone 01933 677907 9am-5pm Mon-Fri or website [youngcarers@northamptonshire-carers.org](mailto:youngcarers@northamptonshire-carers.org)

Most Foodbanks require a referral please contact us for further information.

The Lowdown young people's emotional support: There is a wellbeing support helpline on 01604 622223, which will be monitored between 1pm and 3:30pm Tuesday to Friday and Mondays 1:00 to 7:30pm.

Parents Zone, <https://parentzone.org.uk/article/how-look-after-your-family%E2%80%99s-mental-health-when-you%E2%80%99re-stuck-indoors>