

Mowbray Safeguarding Bulletin - May 2021

Sources of support for you

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

Family life

Family Lives (support on any aspect of parenting and family life).
Freephone 0800 800 2222
askus@familylives.org.uk
or familylives.org.uk

Mental health

For you:

Samaritans (free) | 116 123 |
jo@samaritans.org |
samaritans.org

Mind (calls charged at local and network rates) | 0300 123 3393 |
info@mind.org.uk |
mind.org.uk

If you're worried about your child:

Young Minds Parents Helpline (free) | 0800 802 5544 |
<https://bit.ly/3p8kpDp>

Food

If you are struggling to provide food for your family, visit the link below to find details of your local food bank.

[The Trussell Trust - Stop UK Hunger](#)

Financial advice

[Fighting UK Poverty - Turn2us](#)

Domestic abuse

National Domestic Abuse Helpline (free) | 0800 2000 247 |
nationaldahelpline.org.uk

Men's Advice Line (free) | 0800 8010 327 | mensadviceline.org.uk

Galop (free, LGBT+) | 0800 999 5428 | galop.org.uk

*Please note there is new legislation regarding Domestic Abuse Bill 2021



The Domestic Abuse Bill explicitly recognises children as victims of Domestic Abuse if they see, hear or experience the effects of the abuse

Alcohol, drugs and gambling

Drinkline (free) 0300 123 1110

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | bit.ly/2NoQx7T

Frank (for support around drugs and alcohol. Calls charged at local and network rates)
| 0300 123 6600 | talktofrank.com

National Gambling Helpline, run by Gamcare (free) | 0800 8020 133 | gamcare.org.uk

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website:
adfam.org.uk