

## **DORSET SERVICES**

### **Dorset Social Care**

If you are concerned about the safety or welfare of a child.

**ChAd: 01305 228558**

### **CAMHS**

Child and Adolescence Mental Health Service. If you are feeling extremely depressed or suicidal.

**Tel: 01258394149**

### **NSPCC**

Monday to Friday 8am – 10pm or 9am – 6pm at the weekends. If you are worried about anything going on at home or the safety or welfare of a child.

**Tel: 0808 8005000**

### **Connection**

A 24/7 telephone helpline which can provide direct help or signpost you to a range of other services

**Tel: 0300 1235440**

### **Childline**

If you are worried about anything going on at home or the safety or welfare of a child.

**Tel: 08001111**

### **ChatHealth**

NHS School Nurse anonymous text messaging service.

Mon – Fri 8:30am – 4:30pm

**Tel: 07480 635511**

### **Kooth**

Online chat support

[www.kooth.com](http://www.kooth.com)

### **REACH**

Drugs & Alcohol Service. For support with drug or alcohol abuse,

**Tel: 0800 0434656**

### **YOU FIRST**

Domestic Abuse Support

Mon, Wed and Fri 9am – 7pm and Sat 9am – 1pm.

**Helpline: 01305 216239**

### **Barnardos**

SEE, HEAR, RESPOND. Help children and young people needs under the age who are experiencing harm and increased adversity during lockdown

**Tel: 0800 1517015**

### **SAMARITANS**

providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide

**Tel:116 123**

### **Action for Children**

Offering online parenting support. From where to go for help to how to keep your children entertained at home - explore our advice and find useful resources

here: <https://www.parents.actionforchildren.org.uk/covid-19-advice-support>