

WILTSHIRE SERVICES

Wiltshire Social Care

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

MASH: 03004560108

CAMHS

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

Tel: 01722336262 ext 2779

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

Motiv8

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

Tel: 08001696136

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. 24/7 helpline.

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>