

Contact Details for External Agencies



Below are contact details of a variety of external agencies that families may wish to call on for support should the need arise:

Contact	Website	Telephone
Family Lives Support Group Help and support to families that are struggling	www.familylives.org.uk	0808 800 2222
Action for Children Support and help for vulnerable children and their families	www.actionforchildren.org.uk Advice.actionforchildren.org.uk	
Homestart Helps families with mental health/bereavement/isolation	Email: info@home-start.org.uk	01164 645 490
Young Minds Support Mental health support for children and young people		0800 802 5544 Free and confidential helpline
Relate Support for families	www.relate.org.uk	02392 827 026
Childline Support for children/young people	www.childline.org.uk	0800 1111
NSPCC Support for children	www.nspcc.org.uk help@nspcc.org.uk	0800 800 5000
The Mix Essential support for under-25s facing challenges	www.themix.org.uk	0808 808 4994 Open 11am-11pm
Young Minds Provide information on mental health and how to access help	www.youngminds.org.uk	0808 082 5544 Parent helpline
NHS 111 To get information about symptoms – a nurse will contact you if needed.	www.111.nhs.uk	
CAMHS (Child and Adolescent Mental Health Services) If your child has had a referral to this service they may be able to offer support.		0300 555 1000
Mental Health Crisis Line If you are worried about your own, or your child's mental health, this is a number you can call and they will signpost you to the best place to go.		0300 555 1000

<p>Waltham Forest Access and Assessment Team The access and assessment service is for adults aged 18 and over needing community mental health services in the London borough of Waltham Forest. They provide an initial mental health assessment.</p>	<p>https://www.nelft.nhs.uk/services-waltham-forest-access-assessment-brief-intervention/</p>	<p>0300 300 1570 - Option 4</p>
<p>Social Services If you feel that you need help caring for your child, or if you are concerned about the welfare or safety of a child you will need to contact Children's Social Care Services. The way that you do this is the same for disabled and non-disabled children.</p>		<p>020 8496 2310</p>
<p>The following apps are also available for smartphones and tablets</p>		
<p>Wysa: Mental Health Support – recommended age 12+ Offers techniques of CBT, DBT, Yoga and meditation to support you with depression, stress, anxiety, sleep, loss and a whole range of other mental health and wellness needs.</p>	<p>Headspace: Meditation and Sleep Headspace is your guide to everyday mindfulness in just a few minutes a day.</p>	<p>NHS App The simple and secure way to access a range of NHS services on your smart phone or tablet</p>