

## **Signposting for Parents**

### **Bereavement Support**

**Barnardo's – The Haven**  
Child Bereavement Support.

Mob: 07867372711 or 07867372711

**Jen's Special Place**

Mob: 07412121716

[Enquiries@jensspecialplace.co.uk](mailto:Enquiries@jensspecialplace.co.uk)

### **Domestic Abuse Support**

**The Blue Door**  
Tel: 0800 197 4787

### **Substance Misuse**

**Delta**  
Young People's Support.

[lifecentral@northlincs.gov.uk](mailto:lifecentral@northlincs.gov.uk)

**We Are With You**  
Drug Addiction Support.

Tel: 08081 430 640

### **Mental Health Support**

**CAMHS Crisis Line**

01482 301701 opt 2 or 01482 259400

**The Talking Shop and IAPT**  
Tel: 01724 867297

**The Mix**  
<https://www.themix.org.uk/get-support>

**No Panic**  
<https://nopanic.org.uk/youth-helpline-services/>

Tel: 0330 606 1174

<https://hubofhope.co.uk/>

## **Sexual Harassment**

### **Mosac**

Parental support when child has been abused.

Tel: 0800 980 1958

Parentsprotect.co.uk

Stopitnow.org.uk

### **NPAC**

Childhood abuse. Napac.org.uk

## **Suicide Awareness**

<https://uksobs.org/>

<https://www.papyrus-uk.org/>