

Community Help and Advice

One Point – 03000 261115

Education Welfare Officer – 03000 261654

School Nurse – 03000 261651

Family Action (Young Carers) – 0191 3832520

Stop it Now – 08080 1000900

Childline 08001111

Talking Changes – 0191 3740044

Mental Health Matters – 0800 0857027

Mind – 0300 1233393

Samaritans – 08457 909090

Police – 101 or 999