**Helplines, apps and websites to support parents**

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|  | **Phone**See the source image | **Website**See the source image | **Online chat**See the source image |
| **NetAware**Parents’ guide to apps/games/ social media sites to help keep children safe |  | <https://www.net-aware.org.uk/> |  |
| **Shout**Crisis text messenger service | Text 8525824/7Free on most networks | https://www.giveusashout.org/get-help/ |  |
| **IMAlive**Online crisis messenger service(based in US) | 24/7 | https://www.imalive.org/ | See the source image |
| **Frank**Honest information and advice about drugs and alcohol | 0300 1236600Text 82111confidential24/7 | <https://www.talktofrank.com/> |  |
| **Drinkline**Confidential information and advice for you or someone you are worried about | 0300 123 1110weekdays 9am–8pm, weekends 11am–4pmfree |  |  |
|  | **Phone**See the source image | **Website**See the source image | **Online chat**See the source image |
| **CEOP**Reporting online sexual abuse or content |  | <https://www.ceop.police.uk/safety-centre/> |  |
| **Samaritans**Free confidential support line for people who are feeling desperate | 116 123 | <https://www.samaritans.org/> | On its way! Chat will be available soon. |
| **Pace**Telephone support and secure online forum for parents of exploited children | 0113 240 5226Office hours£ | https://paceuk.info/for-parents/ |   |
| **SelfHarm UK**Support with self-harm issues | X | www.selfharm.co.uk |  |
| **Money Advice Service** Financial help and information | 0800 138 7777Free | <https://www.moneyadviceservice.org.uk/en> |  |
| **Step Change**Debt support charity |  | <https://www.stepchange.org/debt-info/emergency-funding.aspx> | See the source image |
|  | **Phone**See the source image | See the source image**Website** | **Online chat**See the source image |
| **Refuge**Domestic abuse helpline and online support and information | 0808 2000 247Free24/7 | https://www.nationaldahelpline.org.uk/ |  |
| **Young Minds**Support for parents when young people suffer poor mental health |  | https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/ |  |
| **Recovery**Support for drug and alcohol addiction | 0203 553 0324Free callback available24/7 | <https://www.recovery.org.uk/> | See the source image |
| **Adfam**Support for families affected by drugs and alcohol |  | <https://adfam.org.uk/> |  |
| **Stop Breathe Think**Free Mindfulness app(pay version also available) |  | <https://www.stopbreathethink.com/> |  |
| **101**Non-emergency Police number.**For emergencies****DIAL 999** | 10115p per call |  |  |
| **111**Non- emergency health advice. **For emergencies****DIAL 999**. | 111 Call if you are seriously worried about symptoms24/7free | <https://111.nhs.uk/>Use website if your enquiry isn’t serious |  |
| **Stoke-on-Trent Children’s Social Care** | 01782 235100 |  |  |
| **Staffordshire Children’s Social Care** | 0800 1313 126 |  |  |

Free resources for children and young people during COVID-19 restrictions:

* https://www.phoenixgrouphq.com/covid-19

And finally, some indoor activities for younger children available on these websites:

* <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
* <https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>