

External support agencies for parents/carers

<u>Agency</u>	<u>Contact number</u>	<u>Who for?</u>
	116 123	Emotional support to anyone in emotional distress or struggling to cope
	01164645490	Support with isolation and money problems
	Text 85258	Support in crisis
	0300 123 3393	Mental health support
	0300 636 1967	Support with homelessness
	Text 07537 416 905	Support with anxiety
	0808 800 2222	Support with parenting and family life
	0808 802 0925	Advice for single parents
	0300 003 2324	Relationship, family life and parenting support
	0808 802 5544	Support for young minds and children including support with behavioural problems