External support agencies for parents/carers

Agency	Contact number	Who for?
SAMARITANS	116 123	Emotional support to anyone in emotional distress or struggling to cope
HOME START	01164645490	Support with isolation and money problems
shout for support in a crisis	Text 85258	Support in crisis
mind for better mental health	0300 123 3393	Mental health support
Together we will end homelessness	0300 636 1967	Support with homelessness
5 Anxiety UK	Text 07537 416 905	Support with anxiety
family lives	0808 800 2222	Support with parenting and family life
Gingerbread Single parents, equal families	0808 802 0925	Advice for single parents
relate the relationship people	0300 003 2324	Relationship, family life and parenting support
YOUNGMINDS	0808 802 5544	Support for young minds and children including support with behavioural problems