**Useful numbers and websites**

**Emergency numbers**

**Somerset Emergency Duty Line (out of hours)**

0300 123 2327 (evenings and weekends) For any family in Somerset, you can speak to a social worker outside of office hours to report if you are worried about a child or if you feel in crisis and need urgent support.

**Somerset Direct to report a safeguarding concern:**

0300 123 2224 childrens@somerset.gov.uk If you are worried about a child or young person who could be in danger, please contact this number or call the police.

**If you are experiencing domestic abuse:**

Call the National Domestic Abuse Helpline on 0808 2000247 or visit www.nationaldahelpline.org.uk or contact somerset survivors on 0800 69 49 999, open 8am-8pm Monday-Friday and 9am-1pm Saturday & Sunday.

**Other useful numbers and websites**

**Citizen Advice:**

www.citizenadvicemendip.org.uk (response within 4 days) Somerset Telephone Advice:03 444 889 623 Free, confidential information and advice to assist people with money, legal, consumer and other problems.

**Fair Frome:**

Tel: 01373 488578 Mobile 07714 587129 (open Monday, Wednesday, Friday 10am –1pm) Local food bank providing food parcels and vouchers for local takeaways (in person or delivered)

**Young Minds:**

http://youngminds.org.uk/ The UK’s leading charity committed to improving emotional wellbeing and mental health of children and young people.

**Kooth:**

http://www.kooth.com A digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.

**Chat Health:**

http://chathealth.nhs.uk/ Offers quick and confidential support to young people between the ages of 11 and 19. It’s safe and easy for you to speak to a qualified health professional. Just send a message, you don’t have to give your name. Discreet and quick. It only takes one message to start making a difference. You’ll get confidential advice from trained health staff in your area.

**YMCA Brunel Group:**

Support & Advice—YMCA Brunel Group (ymca-bg.org) Online and physical support group and advice for 10-19 year olds.

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**CAP Debt Centre Manager**

This has been established by Holy Trinity Church (Frome) in partnership with Christians against Poverty, a debt charity based in Bradford West Yorkshire since 1996.

Based on pre-pandemic statistics, out of 70 parents, 9 would be over borrowed of whom 2 would have unmanageable debt. We have no data for the present day, but I am sure that the situation is worse not better. CAP offers a solution FREE for those who are in unmanageable debt and Phil Gray has been trained as a coach to work alongside families who find themselves in difficulty within the BA11 and BA3 postcode areas.

There is a freephone number (0800 328 0006) to ring to register as a client but he can be contacted prior, if that would be preferable, at [philgray@capuk.org](mailto:philgray@capuk.org) or on 07496 516089. There is also a website to visit capdebthelp.org