

Please find below a list of useful organisations with their contact details:

Safer Places - domestic abuse support

03301 025 811

www.saferplaces.co.uk

ADD-Vance - charity supporting families affected by ADHD, Autism or a related condition

07716 744 662 (Mon-Fri 9am-1pm)

www.add-vance.org

Young Minds - parents helpline for children and young people with mental health issues

0207 089 5050

www.youngminds.org.uk

Family Lives - parenting and family support

0808 800 2222

www.familylives.co.uk

Childline - children's advice line

0800 1111

www.childline.org.uk

Care for the Family - charity to promote strong family life and help those facing difficulties

02920 810 800

www.careforthefamily.org.uk

Samaritans - charity providing support to anyone in emotional distress or struggling to cope

116 123

www.samaritans.org

Children's Services Hertfordshire

0300 123 4043

<https://hertfordshire.gov.uk/services/childrens-social-care/childrens-social-care.aspx>

Single Point of Access - contact for people wishing to access adult community services

0300 777 0707

www.hpft.nhs.uk/get-help

Family Centre - support for families, parents and carers in Hertfordshire

0300 123 7572

www.hertsfamilycentres.org

