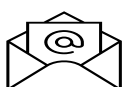


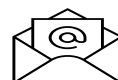


## COVID 19 - USEFUL AGENCIES AND SUPPORT NETWORKS



It's Ok to ask for help, there are times we all need extra help, support and guidance, especially during these difficult and strange Covid-19 living arrangements. There's lots of support out there, here are a few agencies and support networks Grange Primary School have put together.

Most of these agencies can be contact by:



Useful agencies to support families during the Covid-19

- Grange Primary School 01772 792573  
<http://www.grange.lancs.sch.uk/> whisper button
- Food hubs: fsm@grange.lancs.sch.uk
- NHS 111 For NHS advice and referral for any health or mental health related issues 24/7,
- NHS Covid-19, For the latest information about Covid-19
- Police 999 reporting a crime on line-  
<https://doitonline.lancashire.police.uk/>
- NSPCC 0808 800 5002

## Telephone/Text Helplines

- If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our NHS Volunteer Responders are here to help. Join the thousands of others throughout England who are already receiving support - even if it's just for a friendly chat.  
Call 0808 196 3646 or visit [nhsvolunteerresponders.org.uk](https://nhsvolunteerresponders.org.uk)
- Samaritans 08457 90 90 (24/7) / 01772 822022 [jo@samaritans.org](mailto:jo@samaritans.org)
- SHOUT Text Shout to 85258 Crisis text service for support with any mental health concern 24/7
- Mind Mental health information and self-help guides [www.mind.org.uk](https://www.mind.org.uk)
- CALM Campaign Against Living Miserably 0800 58 58 58 Helpline for men of all ages 5pm - Midnight.
- Silverline 0800 470 80 90 Information, friendship and advice for older people 24/7
- Young Minds Parent Line 0808 802 5544 Advice for parents and carers worried about a young person 9.30-4pm Mon-Fri.
- Childline 0800 11 11 Support currently available 9am-Midnight and online 1-2-1 chat [www.childline.org.uk](https://www.childline.org.uk)
- Every Mind Matters UK Government Mental Health and Wellbeing advice including NHS recommended Apps [www.nhs.uk/ one you/every-mind-matters/](https://www.nhs.uk/one-you/every-mind-matters/)
- Suicide Prevention Information and advice at [www.every-life-matters.org.uk](https://www.every-life-matters.org.uk) or [www.stopsuicidenenc.org](https://www.stopsuicidenenc.org)
- The Haven Mon - Fri 11am - 11pm Sat - Sun 12pm - 11pm, 03300083672  
[Centrallancashirehaven@richmondfellowship.org](mailto:Centrallancashirehaven@richmondfellowship.org) uk PR2 2RL  
<https://www.richmondfellowship.org.uk/how-we-can-help-new/find-a-service/blackpool/central-lancashire-haven/>
- PDVS (Preston Domestic Violence Service) / Hope Centre 01772 201 601 24 hour helpline
- LVS (Lancashire Victims Services) 0300 323 0085 Preston
- Amy Winehouse Foundation- alcohol misuse support 07807265968, [j.brice@amywinehousefoundation.org](mailto:j.brice@amywinehousefoundation.org)
- Lancashire women centre [TalkToUs@lancashirewomen.org](mailto:TalkToUs@lancashirewomen.org)
- tel:0300 330 1354