

Where you can help if needed within South Gloucestershire and nationally

Access and Response Team – 01454 86 6000 (during working hours)

Emergency duty team – 01454 615165 (out of hours)

Police – 101 for non-urgent issues & 999 if urgent and an immediate response is needed

Domestic Abuse Concerns - Next Link South Glos domestic abuse telephone help lines are open
8:30am – 5:30pm Monday to Friday and
9:30am – 1:00pm on Saturday 0800 4700 280

Mental health support - CAMHS (if young person is currently under CAMHS) – 01454 862431 or if you are concerned that you are not able to keep your child safe or they are not able to keep themselves safe then take them to the Accident & Emergency department at Bristol Children’s hospital or call for an ambulance.

Food banks links for families living in South Glos

<https://oneyou.southglos.gov.uk/eat-well/food-poverty-support/>

Food banks links for families living in Bristol

<https://www.trusselltrust.org/>

<https://eastbristol.foodbank.org.uk/get-help/how-to-get-help/>

Parents worried about exploitation - <https://paceuk.info/> or for confidential help and advice, call Pace on 0113 240 5226

CHILDLINE – 0800 1111 or visit their website www.childline.org.uk

Samaritans – 116 123

Mental health apps approved by NHS - <https://www.nhs.uk/apps-library/category/mental-health/>