Support for parents and families

Local contact numbers 

* Mind Devon - Mental Health Charity 01752 512280
* The Zone Plymouth -  *information, advice, counselling and support services to young people.*  01752 435122
* CAHMS- Urgent Mental Health support team 01752 435122
* PDAS- Plymouth Domestic Abuse Service 0800 458 2558
* Crisis Support Plymouth 01752 668000
* Simply Counselling (adults) 01752 560900
* Citizen Advice Bureau Plymouth 0300 3309 043
* Gateway – *to report concerns about a young child/person* 01752 668000 option 1
* Plymouth food bank 01752 668000 option 4

  

National Support numbers

* Domestic Violence victim support 08081689111
* Mind 0300 123 3393
* Samaritans 116 123 (free from any phone)
* NSPCC 0800 800 5000 (Adults)
* NSPCC 0800 1111 (children under 18)
* Saneline 0300 304 700
* Childline 0800 1111
* Supportline 01708 765200
* Women’s aid 24 hr helpline 0808 2000 247

National support contacts

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.rethink.org](http://www.rethink.org)

[www.sane.org.uk/support](http://www.sane.org.uk/support)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)