

Need help with food?

Kettering Foodbank

07709 741353

YOU ARE NOT ALONE.

If you need help during this lockdown period, please keep this poster to hand.

There are many agencies available to help.

Mental Health worries?

Samaritans

116 123

Young minds

www.youngminds.org.uk

Young minds Parents helpline

0808 802 554

Non-emergency Police

101



Parent support

Parent Line Plus

0808 800 222

Winston's Wish (Bereavement)

08088 020 021

Citizens Advice

0344 245 1292

Domestic abuse

National domestic Violence and Refuge Helpline

0808 2000 247

Housing

Shelter

0808 800 4444

Childline

0800 1111

NSPCC

0808 800 5000

If you feel you need to talk to us at any point, we are still here.

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