


Key Contacts & Support Services

#StaySafe


PALS (Patient Advice and Liaison Service)

Advice, support and mediation of health and care related matters in local trusts.

 0800 587 2108

ChildLine


Free advice and support for young people (under 19's).

 0800 11 11

 www.childline.org.uk

Family Lives


Help and support for struggling families.

 0808 800 2222

 www.familylives.org.uk


Lone Parent Helpline


Guidance and support for single parents around the key issues they face, including benefits and childcare.

 0800 018 502

National Centre for Domestic Violence (NCDV)

Advice and protection against domestic violence.


 0800 970 2070

 Text: NCDV to 60777

 www.ncdv.org.uk

MIND Mental Health


Advice and support to support mental health issues and promote awareness.


 0208 215 2243

 www.mind.org.uk

Family Action

Practical, financial and emotional support to isolated or disadvantaged families across the country.


 0808 802 6666

 Text 07537 404 282

 www.family-action.org.uk

ManKind Initiative


Support for male victims of domestic abuse and violence.

 01823 334 244

 www.mankind.org.uk

Galop


Practical and emotional support for the LGBT+ community who are experiencing domestic abuse and violence.

 0800 999 5428

 www.galop.org.uk/domesticabuse

National Autistic Society


For impartial, confidential information along with advice and support for autistic people and their families and carers.

 0808 800 4104

 www.autism.org.uk

CALM (Campaign Against Living Miserably)


Help and online support to help and prevent suicide and depression


 0800 585 858

 www.thecalmzone.net

Change Grow Live

Confidential drug and alcohol service for young people

 0808 169 8711

 www.changegrowlive.org



For more information, please contact
Football Family HQ (01977 253 023) or
Visit footballfamily.org.uk