



Helpful contacts over the Christmas Holidays

- <https://staffordshire.zipporah.co.uk/TrackAndTrace>
- **First Response** 0800 131 3126 <https://www.staffordshire.gov.uk/Care-for-children-and-families/childprotection/First-Response.aspx>
- **NSPCC** 0808 800 5000
- **Child Line** 0800 1111 <https://www.childline.org.uk/>
- **The Salvation Army Cannock** : 01543 500 895 **Hednesford** : 01543 426128
- **Local Police** 101
- **Samaritans** <https://www.samaritans.org/how-we-can-help/schools/parents-and-carers/>
- **Citizens Advice – Cannock** <http://www.citizensadvice.org.uk/local/staffordshire-south-west> 0808 278 787 / 0800 144 8848
- **Cannock and District Food Bank** <https://cannockdistrict.foodbank.org.uk/>
- **Chase Lighthouse** (Google 'Chase Lighthouse' for details)
- **Action for Children 1 – 1 Parent Support**
https://parents.actionforchildren.org.uk/chat/?src=hp_narrow_widget
- **Give us a Shout** - The Give us a Shout text service is available 24/7 and is free on all major mobile networks. Text Shout to 85258 <https://giveusashout.org/get-help/>
- <https://calmharm.co.uk/> Phone App to support those who self-harm
- **Young Minds** <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
Parents Helpline
- **Winston's Wish** 08088 020 021 <https://www.winstonswish.org/helpline/> expert advice and guidance on supporting a grieving child or young person after the death of a loved one.
- **Stem 4** <https://stem4.org.uk/> Supporting teenage mental health.