

### **Anxiety (The Expert Parent's Guide to Childhood Anxiety)**

Guide for parents to help children to understand, cope and become strengthened by their experiences of anxiety at a young age. Visit: <https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

### **Add Action**

Add Action Cornwall offer free and confidential advice, information and support with drug and alcohol problems. Call: 01872 300816

### **Citizen Advice Bureau**

Advice on benefits and housing – call: 08444 994188

### **Cornwall Housing**

Offers free advice and assistance for landlords, tenants and owner occupiers across Cornwall on a wide range of housing issues. Call: 0300 1234 161

### **Cornwall Council Social Care**

Help and advice for issues regarding Social services. Call: 0300 123 4131

### **Childline**

Free, confidential help and support about anything for children up until the age of 19 – nothing is too big or too small to call about. Their helpline is: 0800 11 11 or website to access online support:

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat>

### **CRUSE**

Bereavement support and advice for adults on Cornwall. Call : 01726 76100 or

Email: [cornwall@cruse.org.uk](mailto:cornwall@cruse.org.uk)

### **Dental Care and emergency Service**

This service will give guidance on where to go if you need emergency dental care, but do not have a dentist. Call: 01872 354375

### **Devon and Cornwall Housing**

0300 123 8080

### **Drug and Alcohol support**

National Families Helpline: 08457 023867

### **Early Help Hub**

Early Help aims to ensure that services to support children, young people and their parents are there when they need them. Early Help can help parents access a Family support Worker and can help direct families to the support that they feel would benefit the child or family. Call 01872 322277 for advice.

Families can make a request for help by completing the relevant request for help form online:

<http://www.cornwall.gov.uk/health-and-social-care/childfrens-services/early-help/p>

### **Family Information service**

Website with all sorts of information, advice and support for families in Cornwall and professionals that can work alongside them. Website includes links to services supporting families within Cornwall and links to access parenting programmes to help with family life. Their website is:

<https://www.supportincornwall.org.uk>

### **Forget Me Not charity**

Support after pregnancy loss. Call: 01726 820115

### **Gingerbread**

Charity for single-parent families. Helpline provides support and advice on anything from break-ups to help with child maintenance issues. Call: 0808 802 0925 website also offers guidance – visit

<https://www.gingerbread.org.uk>

### **Home-Start Kernow**

Volunteer support and Friendship for parents with children under the age of 5 years old in Cornwall –

Call: 01209-214490 (Mon-Fri 9-5, Fri 9-4) Email: [info@homestartkernow.org.uk](mailto:info@homestartkernow.org.uk)

### **National Childbirth Trust**

An agency whose purpose is to provide support and evidence-based information in pregnancy, birth and early days of parenthood: Support line for practical and emotional support for parents at a cost of local

rate calls: 0300 330 0700 Website: <https://www.nct.org.uk/>

### **NSPCC**

Help and guidance if you are worried or concerned for the safety of a child.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### **Outlook Southwest Counselling**

Private and NHS counselling service across Cornwall. Call: 01208 871414 for advice.

### **Penhaligon's Friends**

Bereavement support and advice for children up until the age of 18 in Cornwall. Call: 01209-210624 or Email: [enquires@penhaligonsfriends.org.uk](mailto:enquires@penhaligonsfriends.org.uk)

### **Samaritans**

Offer a safe place to talk through any concerns, worries or troubles. For free non judgmental and confidential help and support call 116 123

### **Sands**

Sands stands for stillbirth and neonatal death charity. It offers support for anyone affected by the death of a baby. Their helpline is: 0808 164 3332 or Email: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

### **Young People Cornwall**

Support children aged 11-19 years in Cornwall. May be able to provide 1-1 support for children who would benefit from talking to someone confidentially and experiencing severe depression or anxiety.

### **Young Minds**

Online and telephone support for parents and young people worried about their mental health.  
Website: <https://youngminds.org.uk>

Young Minds Parent Helpline: 08088 025544

Young Minds Crisis Text Line for young people: Free Text service 24/7 across the U.K if you are a young person experiencing mental health crisis and need support, Text YM to 85258