

Helplines

The Early Help helplines are there to offer advice and support whether you're a professional, a parent or a young person needing early help.

You can contact the helplines Monday to Thursday from 8am to 5pm or on Fridays from 8am to 4.30pm. The helplines are closed during weekends.

Chatham All Saints Children and Family Hub: 01634 338 833

Gillingham Children and Family Hub: 01634 338 877

Strood Children and Family Hub: 01634 335 533

Wayfield Children and Family Hub: 01634 337 733

Safeguarding

Report safeguarding concerns to the Children's Advice and Duty Service on: 01634 334 466.

Mental Health Crisis

If you or someone you know is experiencing a mental health crisis, call [Mental Health Single Point of Access](https://www.family-action.org.uk/mental-health) for support on 0300 222 0123. Available 24 hours a day, 7 days a week.

Food Banks - Please ring: 01634 757057 for further information.

Citizens Advice - 01634 383760

Police - 101 (General Queries/Reporting inclu Missing Persons)

<https://www.family-action.org.uk/>



[Family Action, Building stronger families](https://www.family-action.org.uk/)

Family Action is committed to building stronger families. We are focused on maximising our impact and we are guided by an ethos of sharing knowledge and best practice so that children and families can look forward to the future and not be defined by their past.

www.family-action.org.uk

[Where can I get help - Domestic Abuse Support in Kent](#)

Choices Specialist Domestic Abuse Charity Helpline 0800 917 9948 (9am-4:30pm) Local Service. Medway Choices is an independent specialist domestic abuse charity offering a range of supportive and preventative services to those affected by domestic abuse including:- Confidential Helpline for those affected by domestic abuse and professionals; Outreach support for standard risk victims

www.domesticabuseservices.org.uk

<http://www.domesticabuseservices.org.uk>

Samaritans



[Contact Us | Samaritans](#)

Volunteer for Samaritans Be there for people who desperately need someone
Events and fundraising Take part in an event or fundraise in your own way
Donate Just £5 can answer the cost of a call Why we need your help Every 90 minutes, someone in the UK and Ireland takes their own life

www.samaritans.org

116 123 free from any phone
0330 094 5717 local call charges apply

NSPCC

Call the NSPCC helpline

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Call us or email help@nspcc.org.uk.

0808 800 5000

18 or under?

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

0800 1111



<https://www.annafreud.org/family-matters/child-in-mind/>



https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow_primary_parents_helpsheet.pdf