

Early Help hub	For advice and consultation, please call 01872 322277. The Hub is open Monday to Thursday, 8.45am to 5.15pm and 8.45am to 4.45pm on Fridays. To make a Request for Help, please complete the relevant Request for Help form and send it to <a href="mailto:earlyhelphub@cornwall.gov.uk">earlyhelphub@cornwall.gov.uk</a>	<ul style="list-style-type: none"> <li>• Health Visiting (over 2 years)</li> <li>• School Nursing</li> <li>• Family Support</li> <li>• Targeted Youth Support</li> <li>• Parenting Support</li> <li>• Video Interaction Guidance</li> <li>• Family Group Conferencing</li> <li>• Early Years Inclusion Service</li> </ul>
Family Line	0808 802 6666 <ul style="list-style-type: none"> <li>• Monday to Friday, 10am to 2pm and 6pm to 10pm</li> <li>• Saturday and Sunday, 10am to 1pm</li> </ul>	We are here to provide a listening ear, answer particular parenting questions or help with guidance around more complex issues. We can also provide longer-term support through regular sessions with our Befrienders and Counsellors. All support takes place via telephone, text message or email and is free.
Kooth	<a href="http://www.kooth.com">www.kooth.com</a>	Free, anonymous and safe online counselling service for 11-25 yr olds.
Citizens Advice	0344 411 1444	Citizens Advice is a network of 316 independent charities throughout the United Kingdom that give free, confidential information and advice to assist people with money, legal, consumer and other problems.
NSPCC	Tel: 0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	
Childline	0800 1111	For young people to get help and advice about a wide range of

		issues
Young People Cornwall	01872 222447 www.youngpeoplecornwall.org	Hear Our Voice offers young people in Cornwall the opportunity to explore issues related to their mental health through informal youth work.
Multi Agency Referral Unit (MARU)	0300 123 1116 01208 251 300 (out of hours)	If you are concerned about a child's safety please contact the Multi Agency referral Unit
Livewire Saltash	<a href="http://www.livewireyouth.com">www.livewireyouth.com</a> 01752 843570	They offer support to young people through music, traditional youth work and counselling - helping steer them through the trials and tribulations of growing up
Addaction	<a href="http://www.addaction.org.uk">www.addaction.org.uk</a> 01579 340616 <a href="https://www.addaction.org.uk/services/young-addaction-yzup">https://www.addaction.org.uk/services/young-addaction-yzup</a>	Specialist services for people of all ages with drug or alcohol dependency, their families and carers.
Frank	Call 24 hours a day, 365 days a year Tel: 0300 123 6600	FRANK is around to give you FREE info Drugs information.
Food Bank	Mustard Seed Church; Callington Mondays/Wednesdays/Fridays 2-4pm <a href="https://callington.foodbank.org.uk">https://callington.foodbank.org.uk</a>	There are a number of foodbanks across Cornwall which can supply individuals and families in financial crisis.
Shelter	0808 800 4444 For under 25s: 0808 808 4994 www.shelter.org.uk	Housing information, advice and advocacy
Samaritans	116 123	Confidential helpline where you can talk any time you like, in your own way about whatever's getting to you.
PAPYRUS-Prevention of Young Suicide	0800 068 414 www.papyrus-uk.org	National charity dedicated to the prevention of young suicide in the UK
Savvy	<a href="http://www.savvykernow.org.uk">www.savvykernow.org.uk</a>	Help and advice about health, wellbeing or everyday life for 13-19

		year olds
No Panic	<a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>	No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Parents: Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm)	UK's leading charity fighting for children and young people's mental health.
Your Way	<a href="http://www.your-way.org.uk">www.your-way.org.uk</a>	What is a Your Way YAC? It's a place where young people aged 11-25 years old can access information, advice and support from a range of services under one roof
Cornwall Council	<a href="https://www.supportincornwall.org.uk/kb5/cornwall/directory/family.page?familychannel=4_4">https://www.supportincornwall.org.uk/kb5/cornwall/directory/family.page?familychannel=4_4</a>	Support in Cornwall for Families and Teenagers.