



Sources of Support and Guidance

Emergency - Ambulance, Fire, Police: 999

Coventry Multi Agency Safeguarding Hub (MASH) tel:02476 788555

Childline:

Free, confidential advice
and support for those 18
and under
0800 11 11

NHS: 111

FRANK:

Confidential drugs information
and advice
0300 123 6600

Samaritans:

Confidential, emotional
support
116123
www.samaritans.org

Victim Support:

Helping victims of crime
08 08 16 89 111

Kooth:

Online mental health services for
young people and adults
<http://www.kooth.com>

Rape Crisis Line:

08088 039999
12:00 - 14:30
19:00 - 21:30

Anxiety UK:

03444 775 774

LGBT+ Helpline:

15:00 - 17:00 Tuesdays & Wednesdays
13:00 - 15:00pm Thursdays
07935 669611

CRUSE:

Bereavement counselling:
0333 554 9157

Crimestoppers:

Give crime information
anonymously
0800 555 111

Coventry Sexual Health Clinics:

To book an appointment
0300 020 0027

Domestic Abuse Helpline:

www.nationaldahelpline.org.uk

Forced Marriage Unit:

020 7008 0151

Karma Nirvana:

Honour-based violence and
forced marriage
0800 5999247

Homelessness:

0116 221 1857

Drinkaware:

Alcohol support services
0300 123 1110

BEAT: Eating Disorders:

Helpline: 0800 801 0811

Mind:

Mental Health Charity
0300 123 3393



Our 4 Rs...

Respectful Responsible Resilient Ready to Learn