

Here is a list of agencies for support-

Free 24/7 college support service by Health Assured - 0800 028 3766.

Download the WISDOM app from apple store or play store use code MHA282376 for mental health advice and support.

Childline

Confidential online chat with a counsellor and telephone

Helpline for anyone up to age 19 about anything that is worrying you. 0800 11 11

free calls

www.childline.org.uk

Cruse Free and confidential help for people who are bereaved (local and national support) www.cruse.org.uk

Housing Solutions, Blueschool House, Blueschool Street, Hereford, HR1 2LX

Assessment of entitlement to housing for people who are homeless or threatened with homelessness. Housing provided for people considered in priority need of housing.

Temporary accommodation may be available while enquiries are made about eligibility.

General housing advice and information for private and council tenants and homeless people. Phone:01432 261600 Email: housing.enquiry@hereford.gov.uk Website:

www.herefordshire.gov.uk Out of Hours emergency phone:01432 260000

www.hubofhope.co.uk/

List of support agencies for mental health issues in your area - just type in your postcode.

Kooth An online mental wellbeing community which provides free, safe and anonymous online support and counselling. www.kooth.com/

The Mix

Confidential Helpline and Webchat for young people. Free calls from mobiles and landlines 0808 808 4994

www.themix.org.uk/get-support/speak-to-our-advisors

Phoenix local Bereavement support in Herefordshire

Support for children, young people and their families when someone close to them dies. Offers advice and guidance, opportunities to meet people who understand, support whilst exploring emotions surrounding grief. Offers support for parents and carers with children up to the age of 21. Telephone: (01432)

264555 www.phoenixbereavement.org/

Report Child abuse

If you think a child or young person is at risk or being abused or neglected, contact the children's social care team at their local council. If you do not know where they live, contact your local council's team, the NSPCC or the Police for advice:

www.gov.uk/report-child-abuse-to-local-council

www.gov.uk/report-child-abuse

Sexual Health Services Website

Tel: 01432 483693 or 0800 7720478. Text: 15STOWESTREET to 60030

www.sexualhealthservices4herefordshire.co.uk.

www.nhs.uk/service-search/find-a-sexual-health-clinic/

Samaritans

24 hour confidential emotional support for anyone in distress

116 123 (free helpline) www.samaritans.org

Talk to Frank -Honest information about drugs and links and information with regards to support services. www.talktofrank.com/

Victim Support

Confidential support for anyone who is a victim of crime

Phone: 0808 168 9111 www.victimsupport.org.uk/

WMRSASC (West Mercia Rape and Sexual Abuse Support Centre) Confidential non-judgmental support for anyone affected by rape, sexual assault, abuse or harassment.

www.wmrsasc.org.uk/

Rape crisis (England & Wales) Provide a national 24/7 helpline open every day of the year- 08085002222

West Mercia Women's Aid Helpline

Advice and support and info re emotional and domestic abuse including specialist help for young people affected by domestic abuse.

Phone: 0800 783 1359

www.westmerciawomensaid.org/

www.westmerciawomensaid.org/crush/what-is-crush

Talk Community www.talkcommunity.org

Hub of local agency support

Why Not Find Out - up to date information about the latest NPS /'club drugs' and information to help young people avoid drug related risks.

www.wnfo.org.uk/

Turning Point (Substance Misuse Service)

Herefordshire Recovery Service

Tel: 0300 555 0747

Email: Herefordshire@turning-point.co.uk

Website: www.turning-point.co.uk/services/herefordshire

The Anna Freud Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

We can help with issues such as anxiety, worry, panic attacks, bullying and depression and are here to talk at any time of day or night.

If you need support, you can text AFC to 85258.

AFC Crisis Messenger | Anna Freud