



## Support Websites and Phone Numbers

0800 953 0285 - Greater Manchester Mental Health NHS Trust 24/7

0344 515 1640 - Shelter - Housing support

111 - non emergency medical advice NHS

101 - non emergency police

0808 2000 247 - National Domestic Abuse Helpline 24/7

0161 769 5732 - Manchester Mind - mental health support for young people and adults

0800 234 6123 - Manchester City Council's Community Response Hub who will be able to issue you with a food bank voucher if necessary

Link to Manchester children and families website

[https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directory\\_channel=1](https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directory_channel=1)

Link to NSPCC online safety for children

<https://hsm.manchester.gov.uk/kb5/manchester/directory/advice.page?id=hgFcObAdZVQ>

Link to Special Needs Jungle - resource for families children with SEND

<https://www.specialneedsjungle.com/distance-education-resources-for-children-and-young-people-with-se>