

- **Managing behaviour and containment** - parenting.team@shropshire.gov.uk or 01743 250950 or free online at <https://inourplace.co.uk/> with code DARWIN18
- **OT support clinics** – bookable via 01743 450800
- **Support with speech, language or swallowing** – clinics bookable via 01743 450800
- **Public Health Nursing Service** Please see attached poster 'Shropshire PHNS'
 - ✓ Single Point of Access 0333 358 3654
 - ✓ Text for Health Advice: Health Visitor Team and Parenting Chat Health line 07520 635212 / School Nursing Team 07507 330346
- **Support with young people's emotional well-being** – Bee U is the emotional health and wellbeing service for people up to the age of 25
 - ✓ BEAM AskBeam@childrenssociety.org.uk
 - ✓ Online support for young people <http://www.kooth.com>
 - ✓ Specialist Young People and Families Mental Health Service Single Point of Access - 0300 124 0093
- **Housing issues / homelessness** – Housing Options - <https://www.shropshire.gov.uk/housing-options-and-homelessness/> or SUSTAIN consortium - 0300 300 0059 or 01743 285159
- **SEND Activities** – <https://www.shropshire.gov.uk/the-send-local-offer/social-care/short-breaks/all-in-programme/>
- **Adult mental health**
 - ✓ IAPT – Psychological Therapies can support people with mild to moderate mental health issues such as anxiety or low mood. Includes Silver Cloud online therapy, <https://www.mpft.nhs.uk/services/improving-access-psychological-therapies-iapt> or 0300 123 6020
 - ✓ See Shropshire Council wellbeing pages for more links - <https://shropshire.gov.uk/coronavirus/information-for-the-public/mental-health-and-wellbeing/>
 - ✓ Shropshire MIND - Shropshire Mind provides support for any person with emotional or mental health needs, including long term enduring mental health needs or those triggered by recent incidents. Telephone: 01743 368647, Monday to Friday 9am to 5pm; Saturday and Sunday 11am to 3pm. Outreach support is available Monday to Friday 9am to 5pm.
 - ✓ TogetherAll - a free-to-access online community for Shropshire residents aged 16 and above for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously and confidentially to other members <https://togetherall.com/en-gb/>
- **Support for young carers** – simon.jones@crossroadstogether.org.uk
- **Domestic abuse** - <https://www.shropsdas.org.uk/> or WMWA 0800 783 1359 or national helpline 0808 2000 247
- **Substance misuse** - <https://www.wearewithyou.org.uk/services/shropshire/>
- **On a low budget or need help accessing free or low cost food** - Foodbank - ... or for more info <https://www.shropshirelarder.org.uk/>
- **Shropshire Council's Covid Helpline** 0345 6789 028 – this phonenumber is designed to receive enquiries and concerns associated with Covid 19 that are of a non-medical nature.

Useful local websites:

- SC EH - <https://www.shropshire.gov.uk/early-help/>
- SC Local Offer - <https://www.shropshire.gov.uk/the-send-local-offer/>
- SC Family Information Directory (FIDy) - <https://shropshire.gov.uk/early-years-and-childcare/parents-and-carers/shropshire-family-information-service-0-19-years/>
- Autism West Midlands - <https://www.autismwestmidlands.org.uk/>
- PACC - <http://www.paccshropshire.org.uk/> and IASS <https://cyp.iassnetwork.org.uk/service/shropshire-iass/>

