

St. Nic's Church: Safeguarding Helplines

Name of organisation	Role	Phone number	Email/website
Durham Diocese Safeguarding	All aspects of safeguarding	07968 034075	beth@bethmillerisw.co.uk
Parish Safeguarding Officer	All aspects of safeguarding	0191 384 1180	safeguarding@stnics.org.uk
First Contact – Local Authority	All aspects of safeguarding	03000 267 979	
One Point Hub	Local authority services for families	03000 261 115	Facebook page
Family Lives	Parenting support particularly teenagers	0808 800 2222	askus@familylives.org.uk
Parents Helpline – Young Minds	Support for concerns about mental health	0808 802 5544	youngminds.org.uk (contact form)
CAMHs Crisis	NHS: Children and Adolescent Mental Health	0191 441 5733	
ParentZone	Remote activities to do with grandparents		parentzone.org.uk
Age Concern UK	Advice and support for older people	0800 678 1602	0191 3863856 (local office)
Harbour	Domestic violence support service (men, women, kids)	03000 202 525	info@myharbour.org.uk and Facebook
National Domestic Violence Helpline	Domestic violence support service (men, women, kids)	0808 200 0247	
Men's Advice Line	For male domestic abuse	0808 801 0327	
SAMARITANS	For "Whatever you're going through"	116 123	jo@samaritans
Childline	Managing anxieties, counselling services	0800 1111	childline.org.uk
MIND	Leading mental health charity – advice and support	0300 123 3393	www.mind.org.uk Text: 86463
YOUTH SUPPORT			
KOOTH	Online counselling for children and youth		www.kooth.com
Young Minds	Online articles and strategies for coping with life		youngminds.org.uk
Shout (text service)	A crisis line – text SHOUT and someone will call back	85258	
The Mix	Online articles, advice, strategies for under-25s	0808 808 4994	themix.org.uk
Headspace	Teaching mindfulness and management of stress		Headspace.com
Calm	Free app to help with sleep and calm		Calm.com
Papyrus	For young people feeling suicidal or worried about others	0800 068 4141	papyrus-uk.org
If U Care, Share	For young people feeling suicidal or worried about others	0191 387 5661	lfucareshare.co.uk