SEED

Study of Early Education & Development

Thank you for your help



Department for Education

National Centre for Social Research



Useful contacts

Taking part in this survey may have raised issues that you would like further advice or help with. We're really grateful that you have taken part and want to make sure that you have access to the support and guidance you may need. This information sheet provides you with some useful contact details of some services in case they are helpful.

If you have any questions about the research study please email **seed@natcen.ac.uk** or call **0800 652 0157**. If you would like to find out more information about SEED you can visit our website **www.seed.natcen.ac.uk**

The NHS

Mental health services are free on the NHS. Find out about the different ways to get help with your mental health, the process, and your rights.

www.nhs.uk/nhs-services/mental-health-services/

Samaritans

Samaritans offer confidential, non judgemental support if you're finding things difficult and want to talk to someone.

Website: www.samaritans.org
Helpline: 116 123

Coram Family Lives – supports people with all aspects of family life

Website: www.coramfamilylives.org.uk
Helpline: 0808 800 2222
Email: askus@coramfamilylives.org.uk

Family Action / Family Line – support with family relationships, conflict and parenting concerns

Website: www.family-action.org.uk/get-support/familyline/
Helpline: 0808 802 6666
Email: familyline@family-action.org.uk

Barnardos Family Space

Provides information and support for young people and families, and helps you find support services in your local area.

Website: www.barnardos.org.uk/get-support

YoungMinds

Provide confidential advice if you are concerned about the mental health of your child

Website: youngminds.org.uk
Helpline: 0808 802 5544

Mind – support anyone with a mental health problem

Website: www.mind.org.uk/information-support
Helpline: 0300 123 3393
Email: info@mind.org.uk

Shout – support anyone with a mental health problem

Website: www.giveusashout.org/get-help/
Textline: Text SHOUT to 85258

National Domestic Abuse Helpline – support victims of domestic abuse and violence

Website: www.nationaldahelpline.org.uk/
Helpline: 0808 2000 247

Relate – provides relationship support

Website: www.relate.org.uk/relationship-help/talk-someone
Helpline: 0300 0030396

StepChange – provides free expert debt advice

Website: www.stepchange.org/contact-us
Helpline: 0800 138 1111

Citizens Advice – provides confidential advice online about a range of issues

Website: www.citizensadvice.org.uk
Helpline: 0808 223 1133

Childline – free and confidential support for anyone under 19 in the UK about any issue you're going through

Website: www.childline.org.uk
Helpline: 0800 1111

Support in your local area

Your local council can help you find services for young people and families in your area, including support with wellbeing, family life, housing and money. Search for "children, young people and families" on your council's website, or find your local council at gov.uk/support-group-for-children-young-people-families.

Contact us

0800 652 0157
seed@natcen.ac.uk
www.seed.natcen.ac.uk



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