

If anyone needs any support in these uncertain times please use the list of contacts below:-

Avondale School 01254 703449 also check out our school website.

Deborah Wright 07513782963 or deborah.wright@avondale.blackburn.sch.uk.
Anytime just leave a message and I will get back to you as soon as possible.

Blackburn with Darwen Children's Services 01254 666400 or emergency duty team 01254 587547.

Foodbank Blackburn 01254 672756

WELLBEING AND MENTAL HEALTH HELPLINE www.lancs-mentalhealthhelpline.nhs.uk

Feeling low, need support and want to talk? For a confidential, listening and information service, Freephone
0800 915 4640 (Mon-Fri 7-11pm; Sat-Sun 12-12pm)

If you are feeling lonely, struggling to cope or having suicidal thoughts
SAMARITANS 116 123 (free phone, 24 hours) www.samaritans.org

CEOP Internet Safety Centre www.ceop.police.uk/Safety-Centre/
Advice about staying safe, managing your identity, dealing with pressure, bullying or manipulative
Behaviour online.

Wish Centre www.thewishcentre.org/young-people/
Based in Blackburn - Advice and courses for young people who have witnessed or experienced domestic
Abuse in the past, or those who may be vulnerable to abusive relationships, or need support in building
Positive friendships and relationships.

Relationship and family-life difficulties
RELATE www.relate.org.uk for webchat with a trained counsellor Support and advice for children, young people and adults when someone dies

CRUSE Bereavement Care 0808 808 1677 www.cruse.org.uk

GRIEF ENCOUNTER griefencounter.org.uk
Support for bereaved children and young people 0808 802 0111 (Mon-Fri 9am-9pm)
Confidential advice and support about legal and money issues, including consumer and employment rights

CITIZENS ADVICE BUREAU 03444 111 445 or webchat www.citizensadvice.org.uk

Remember you can talk in confidence to your GP about many issues, or contact NHS 111 Online
At <https://111.nhs.uk/> for non-emergency medical advice (24 hours, 7 days a week)

POLICE Non-emergency Assistance & Advice
Dial 101
Emergency Services 999