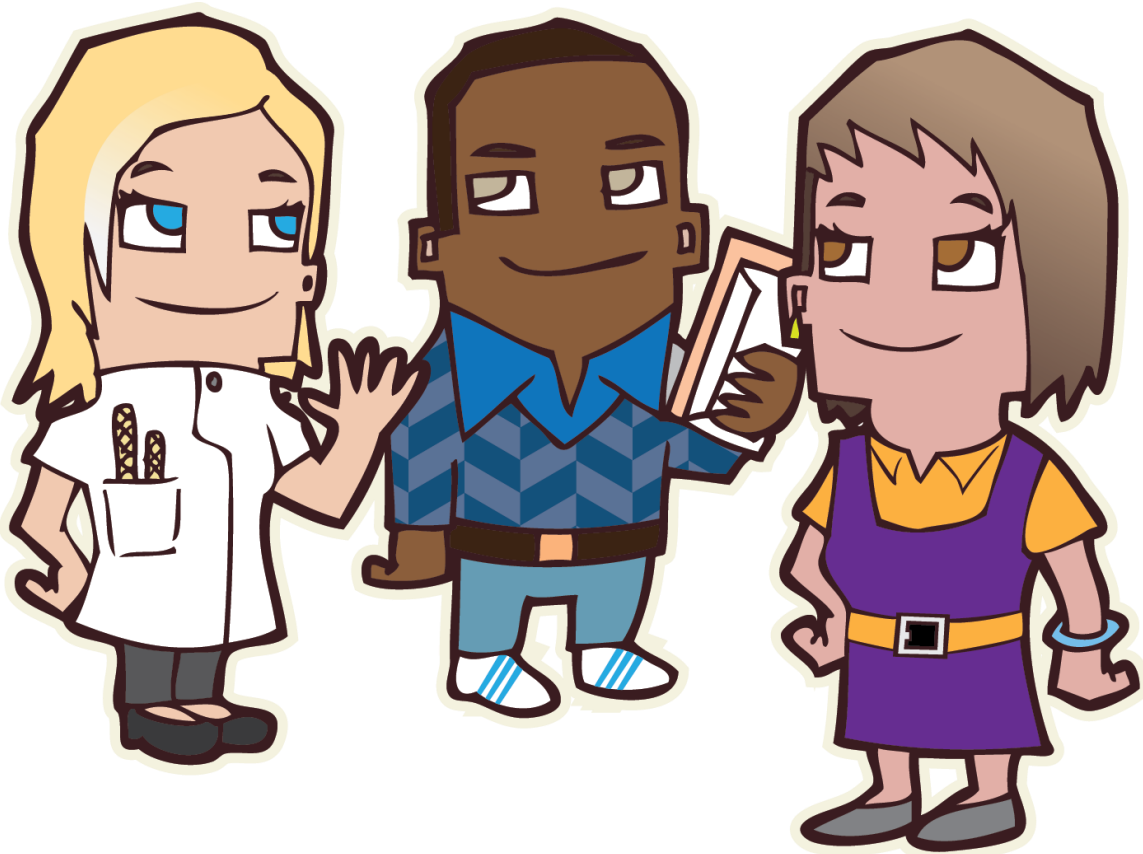




# Learner/Parent Help & Support Booklet



## National Help/Support Information

**Samaritans** 24-hour support, What-ever you're going through they are there to listen.  
22 Percy Street, Rotherham S65 1ED  
Phone: 0330 094 5717  
FREE Phone 116 123  
Sometimes writing down your thoughts and feeling can help you understand them better. Writing an email can be a calm and safe way to work through what's on your mind. Especially if it feels too upsetting to talk about on the phone. You can also email [jo@samaritans.org](mailto:jo@samaritans.org) replied within 24 Hours.

---

**Anxiety UK Help Line** Monday - Friday 09:30am - 17.30pm  
Phone: 03444 775 774 Text support: 07537 416905  
[www.anxiety.org.uk](http://www.anxiety.org.uk)

---

**Mind Info Line** Provides information on a range of topics including - types of mental health problems, where to get help, medication and alternative treatments, and advocacy. Phone: 0300 123 3393 Web: [www.mind.org.uk](http://www.mind.org.uk)

---

**Everyone's Invited** A place for survivors to share their stories. Our mission is to expose and eradicate rape culture with empathy, compassion, and understanding.  
Web: [www.everyonesinvited.uk](http://www.everyonesinvited.uk)  
Phone: 0800 136 663

---

**Kooth** An online counselling and emotional well-being support service for children and young people up to 24 years old. Free, Safe and Anonymous.  
[www.kooth.com](http://www.kooth.com)

---

**Child Line** Child Line offers free, confidential Advice and support, whatever your worry, whenever you need help.  
Phone: 0800 1111 Web: [www.childline.org.uk](http://www.childline.org.uk)

---

**Missing Kids** Missing Kids is run by missing people. They have a free and confidential helpline that is open 24 hours a day. You can talk to them in confidence and they will explain your options and try to get you the help you want.  
Phone: 116 000 Text: 116000 email: [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk)

---

**C.A.L.M** A helpline that offers confidential, anonymous, and free support, information

& signposting to men throughout the UK.  
Freephone: 0800 58 58 58 Web: [www.thecalmzone.net](http://www.thecalmzone.net)

---

**Beat** A helpline providing support and information relating to eating disorders  
For adults, young people, and their carers.

Youth Help Line 0845 634 7650 Help Line General: 0845 634 1414  
Text: 07786201820 Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)

**Harmless** Provides a range of services about self-harm including support, information,  
training, and consultancy.  
Phone: 0115 880 0280 Web: [www.harmless.org.uk](http://www.harmless.org.uk)

---

**Switchboard** LGBTQI+ Offering Advice & Support -  
Open 10:00am - 22:00pm Every day 0300 330 0630  
Or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) (Emails answered within 72 hours)

---

**The Mix** The Mix is a charity that provides free information and support for under 25's.  
They can help you take on the embarrassing problems, weird question and  
please-don't-make-me-say-it-out-loud thoughts you have. The Mix gives young  
people the support and tools you need to take on any challenge you're facing.

Phone: 0808 808 4994 (Open 7 days per week 16:00pm - 23:00pm)  
Crisis Messenger (24/7 support if you need help right now)  
Text THE MIX to 85258  
Or Visit [www.themix.org.uk](http://www.themix.org.uk) - Where you can send in questions

---

**Jobcentre Plus** To make a claim for Benefit.

**New Claims Line** Phone: 0800 055 6688  
Or Visit [www.gov.uk/contact-jobcentre-plus/new-benefit-claims](http://www.gov.uk/contact-jobcentre-plus/new-benefit-claims) on Line

---

## Help & Support for Parents or somebody that is concerned about a young person

**NSPCC** If you're worried about a child, even if you're unsure, contact our professional  
counsellors for help, advice and support.  
Phone: 0808 800 5000  
Or Visit: [www.nspcc.org.uk](http://www.nspcc.org.uk)

**The National LGBTQI+**

## **Domestic Abuse Help**

### **Line (Galop)**

Phone: 0800 999 5428 Open - 10:00am - 17:00pm Mon, Tue, Fri &  
10:00am - 10:00pm Wed & Thur  
help@galop.org.uk

---

## **Staying Safe On-Line**

### **Thinkuknow**

This organisation gives advice on staying safe online, and also there are links if you are concerned for yourself or a friend.

Web: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### **CEOP**

CEOP helps young people who are being sexually abused or are worried that someone they have met either on line or face to face is trying to abuse them. For more information on support.

Visit: [www.ceop.police.uk/Safety-Centre/](http://www.ceop.police.uk/Safety-Centre/)

**Local: Help & Support for Parents or somebody that is concerned about a young person**

## **Concerned about a young person - Social Services/Initial Response Team's**

### **Rotherham**

[www.rotherham.gov.uk](http://www.rotherham.gov.uk)

Ground Floor Norfolk House, Walker Place, Rotherham S65 1AS  
01709 823987

Rotherham Safeguarding Children Partnership

[www.rscp.org.uk](http://www.rscp.org.uk)

01709 336080

Rotherham Families Information Services

[www.rotherhamfis.co.uk](http://www.rotherhamfis.co.uk)

### **Doncaster**

<https://www.doncasterchildrenstrust.co.uk>

01302 737777

### **Sheffield**

[www.sheffield.gov.uk](http://www.sheffield.gov.uk)

0114 203 9591

[www.ssasocialcare.co.uk](http://www.ssasocialcare.co.uk)

0114 273 0777

### **Barnsley**

[www.barnsley.gov.uk](http://www.barnsley.gov.uk)

---

## Citizens Advice Service

<b>Rotherham</b>	01709 505680	The Rain Building, Eastwood Lane, S65 1EQ
<b>Doncaster</b>	0344 499 4137	63 Hallgate, Doncaster, DN1 3PB
<b>Sheffield</b>	0808 144 8444	122 Bawtry Road, Tinsley, Sheffield S9 1UE
<b>Barnsley</b>	0344 411 1444	36 Wellington Street, Barnsley, S70 1WA

Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

---

[www.familybasedsolutions.org.uk](http://www.familybasedsolutions.org.uk) Child to parent abuse adolescent Parent support groups

## Educational Health Plans

<b>Rotherham</b>	SENDIASS	01709 823 627	Riverside House, 1 <sup>st</sup> Floor, Wing C, Rotherham S65 1AE <a href="mailto:Kerry.taylor@rotherham.gov.uk">Kerry.taylor@rotherham.gov.uk</a>
<b>Doncaster</b>	SEN team	01302 737210	Civic office, Waterdale, Doncaster, DN1 3BU <a href="mailto:sen@doncaster.gov.uk">sen@doncaster.gov.uk</a>
<b>Sheffield</b>	SEN team	0114 273 6009	Sheffield SEN, Floor 6, North Wing, Moorfoot S1 4PL
<b>Barnsley</b>	SEN team	01226 773 966	1 Westgate, Western Street, Barnsley S70 2DR <a href="mailto:senassessmentandreview@barnsley.gov.uk">senassessmentandreview@barnsley.gov.uk</a>

---

## EWHMS

Emotional Wellbeing & Mental Health Service for Children

Working with young people with:

Mood and anxiety disorders, Behavioural and conduct disorders, Emerging personality and attachment disorders, Eating disorders, Psychotic disorders, Deliberate self-harm and suicidal thoughts, Substance misuse, Autistic spectrum disorder (ASD), Attention-deficit hyperactivity disorder (ADHD), Neurodevelopmental disorders, Prolonged bereavement problems.

<b>Rotherham</b>	CAMHS	01709 304808 out of office hours 0800 652 9571	Crisis team 01709 302670 Website: <a href="http://rdash.nhs.uk">CAMHS - Child and Adolescent Mental Health Services (rdash.nhs.uk)</a>
<b>Doncaster</b>	CAMHS	01302 796191 out of office hours 0800 804 8999	Website: <a href="http://rdash.nhs.uk">CAMHS - Child and Adolescent Mental Health Services (rdash.nhs.uk)</a>
<b>Sheffield</b>	CAMHS	Becton 0114 305 3106 or email: <a href="mailto:camhsspa@nhs.net">camhsspa@nhs.net</a> Centenary House 0114 305 3218 or email: <a href="mailto:camhsspa@nhs.net">camhsspa@nhs.net</a>	
<b>Barnsley</b>	CAMHS	01226 644829 24 hours a day	<a href="http://www.southwestyorkshire.nhs.uk/">www.southwestyorkshire.nhs.uk/</a>

## Local Help/Support Information - For Young People

### Counselling/Mental Health

#### Rotherham

Rotherham MIND Mental Health Charity providing emotional and practical support  
Highfield, Doncaster Road, Rotherham S65 1DZ  
01709 919929  
[www.mind.org.uk](http://www.mind.org.uk)

Young MINDS 08088 0255544 Text YM to 85258

#### Doncaster

Doncaster MIND Mental Health Charity providing emotional and practical support  
35 Market Place, Doncaster DN1 1NE  
01302 812190  
[Office@doncastermind.org.uk](mailto:Office@doncastermind.org.uk) or [www.mind.org.uk](http://www.mind.org.uk)

#### Sheffield

Sheffield MIND Mental Health Charity providing emotional and practical support  
110 Sharrow Lane, Highfield, Sheffield S11 8AL  
0114 258 4489  
[www.mind.org.uk](http://www.mind.org.uk)

#### Barnsley

Barnsley MIND Mental Health Charity providing emotional and practical support  
Arcadia House, 72 Market Street, Barnsley S70 1SN  
01709 919929  
[www.mind.org.uk](http://www.mind.org.uk)

---

### Sexual Health

**Rotherham** MESMAC  
11 Mansfield Road, Rotherham S60 2DR  
01709 242202  
[www.mesmac.co.uk/our-services/rotherham](http://www.mesmac.co.uk/our-services/rotherham)

**Doncaster** TRI Health  
The Flying Scotsman Centre, St Sepulchre Gate W, Doncaster DN1 3AP  
01302 640040  
[www.doncastertrihealth.co.uk](http://www.doncastertrihealth.co.uk)

**Sheffield** Sheffield Sexual Health  
Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF  
0114 226888  
[www.sexualhealthsheffield.nhs.uk](http://www.sexualhealthsheffield.nhs.uk)

**Barnsley** Barnsley Sexual Health Teams  
Gateway clinic, Unit 1, Gateway Plaza, Sackville Street  
0800 055 6442  
[www.sh.uk/clinic/spectrum-sexual-health-s702rd](http://www.sh.uk/clinic/spectrum-sexual-health-s702rd)

---

### Drugs Alcohol/Addiction

**Rotherham** Rotherham Community Drug team  
1 Moorgate Road, Rotherham S60 2EN  
01709 382733

**Doncaster** Aspire - Addiction treatment centre  
37 Thorne Road, Doncaster DN1 2EZ  
01302 730956  
[www.aspire.community/our-services/doncaster/](http://www.aspire.community/our-services/doncaster/)

**Sheffield** Substance Misuse Service - Addiction treatment centre  
143-145 Fitzwilliam Street, Sheffield City Centre, Sheffield S1 4JP  
0114 3050500

**Barnsley** Barnsley Recovery Steps  
5-6 Burleigh Court, Burleigh Street, Barnsley S70 1XY  
01226 779066

---

### Domestic Violence support

**Rotherham** Rotherham Abuse Counselling Service  
01709 835482  
[info@rothacs.org.uk](mailto:info@rothacs.org.uk)

**Doncaster** Phoenix Women's Aid  
13 Priory Place, Doncaster DN1 1BL  
07932 069153  
[Yorkshire Domestic Abuse Charity | Phoenix WoMen's Aid](http://www.yorkshire-domestic-abuse-charity.org.uk)  
[phoenixwomensaid.org.uk](http://phoenixwomensaid.org.uk)

**Sheffield** Sheffield Domestic Abuse Forum  
4 Norfolk Park Road, Sheffield S2 3QE  
0114 275 0101

**Barnsley** Barnsley Sexual abuse and rape crisis centre  
01226 320140  
[www.bsarcs.org.uk](http://www.bsarcs.org.uk)

### Housing & Homelessness

**Rotherham** South Yorkshire Housing Association  
152 Rockingham St, Sheffield S1 4EB  
0114 2900200

Rush House - Assisted living facility for young people  
Lindum Terrace, Doncaster Road, Rotherham S65 1NJ  
01709 369 295

[www.rushhouse.co.uk](http://www.rushhouse.co.uk)

Flemings Garden Project - Supported housing project for young mums  
11 Fleming Gardens, Rotherham S66 2EY  
01709 703471

[www.ywcayorkshire.org.uk/what-we-do/our-projects-page/rotherham-services/](http://www.ywcayorkshire.org.uk/what-we-do/our-projects-page/rotherham-services/)

**Doncaster** South Yorkshire Housing Association  
152 Rockingham St, Sheffield S1 4EB  
0114 2900200  
[www.syha.co.uk](http://www.syha.co.uk)

Doncaster Housing for Young People  
c/o Doncaster Foyer, Chequer Road, Doncaster DN1 2AA  
01302 738198

[admin@dhyp.org.uk](mailto:admin@dhyp.org.uk)

**Sheffield** South Yorkshire Housing Association  
152 Rockingham St, Sheffield S1 4EB  
0114 2900200  
[www.syha.co.uk](http://www.syha.co.uk)

Action Housing - Non-profit organisation  
The Cavendish Centre, 22 Wilkinson Street, Broomhall, Sheffield S10 2GB  
0114 249 6575

**Barnsley** Barnsley Homeless and Housing Advice  
01226 773870  
[www.barnsley.gov.uk/services/housing/homeless-and-housing-advice/](http://www.barnsley.gov.uk/services/housing/homeless-and-housing-advice/)  
Centrepont - Help for 16-25 year olds who face becoming homeless  
0800 5875158/ 0808 800 0661



---

## Young Carers

**Rotherham** Barnardo's Rotherham Young Carers Service  
c/o The Junction, 10 Nightingale Court, Nightingale Close, Moorgate S60 2AB  
01709 377157  
[www.barnardos.org.uk/what-we-do/services/rotherham-young-carers](http://www.barnardos.org.uk/what-we-do/services/rotherham-young-carers)

**Doncaster** Doncaster Young Carers Service  
Doncaster Council, Civic House, Waterdale, Doncaster DN1 3BU  
01302 736099  
[Young.carers@doncaster.gov.uk](mailto:Young.carers@doncaster.gov.uk)

**Sheffield** Sheffield Young Carers  
Sheaf Bank Business Park, Unit R7b, Riverside Block, 20 Prospect Rd S2 3EN  
0114 258 4595  
[information@sheffieldyoungcarers.org.uk](mailto:information@sheffieldyoungcarers.org.uk)

**Barnsley** Barnsley Young Carers - Barnardo's  
Priory Family Centre, Priory Campus, Pontefract Road, Lundwood S71 5PN  
01226 770619  
[prioryfamilycentre@barnardos.org.uk](mailto:prioryfamilycentre@barnardos.org.uk)

## Disability

**Rotherham** Children's Disability Team  
c/o The Junction, 10 Nightingale Court, Nightingale Close, Moorgate S60 2AB  
01709 336401  
[Children's Disability Team - Rotherham SEND Local Offer](#)

**Doncaster** Doncaster Children's Services Trust Ltd  
Colonnades House, Duke Street, Doncaster DN1 1ER  
01302 734100  
General [enquiries@dcstrust.co.uk](mailto:enquiries@dcstrust.co.uk)

**Sheffield** Children's social care services  
North- Sorby House, 42 Spital Hill S4 7LG  
0114 203 9591  
East- Stadia Technology Parks, 60 Shireland Rd, S9 3SP  
0114 203 7463  
West- Old Sharrow Junior School, Southview Road, S7 1DP  
0114 2734491

**Barnsley** Disability Team  
Gateway Plaza, Sackville Street, Barnsley S70 2BY  
01226 282025

## LGBTQI+ Help & Support

<b>Rotherham</b>	MESMAC Rotherham 11 Mansfield Road, Rotherham S60 2DR LGBT Youth Group <a href="http://www.mesmac.co.uk/our-services/rotherham/support-social-groups/lgbt-youth-group">www.mesmac.co.uk/our-services/rotherham/support-social-groups/lgbt-youth-group</a> 07887 057462
<b>Doncaster</b>	Doncaster LGBTQ Youth Hub Bentley Youth Hub, Askern Road, Bentley DN5 OHU 01302 737993 or 07795 302911 <a href="mailto:Steve.tudberry@doncaster.gov.uk">Steve.tudberry@doncaster.gov.uk</a>
<b>Sheffield</b>	SAYIT Scotia Works, Leadmill Road, Sheffield S1 4SE <a href="mailto:info@sayit.org.uk">info@sayit.org.uk</a>
<b>Barnsley</b>	Barnsley LGBT+ youth group 01226 753406 or 07766698025 <a href="mailto:gemmastables@barnsley.gov.uk">gemmastables@barnsley.gov.uk</a>