



December 2019

Dear

As many services and agencies are closing over the Christmas period we wanted to contact you to offer some suggestions about where you could access support and advice. Most services will be closed after Friday 20 December 2019 until Thursday 2nd January 2020. TNCP Cluster team will be closed between Friday 20 December 2019 and Monday 6 January 2020.

If you feel you need any support over the Christmas period, I have listed some agencies and telephone numbers below for you to contact.

Best Wishes

Temple Newsam Community Partnership – Cluster Team

- Children's Social Work Service - Emergency Duty Team - 0113 3760336 (day time service). Children's Early Help Hub practitioners will also be available.
- Mindmate SPA – 0300 5550324
- Childline - 0800 1111 (Freephone)
- Accident & Emergency at Leeds General Infirmary
- Call police on 999 in an emergency or 101 non emergencies
- 112 - for all emergency service
- NHS helpline - 111
- National Domestic Violence Helpline - 0808 2000 247 (24 hours a day - freephone)
- Leeds Domestic Violence Service – 0113 2460401
- Samaritans – 116 123 (24 hours a day, 365 days a year)
- Teen Connect Help line - 0808 8001212 (6pm-2am)/ 07715661559 (Text)

Or visit the following relevant websites:

TNCP Cluster - <https://tncp.co.uk/children-young-people/need-someone-to-talk-to>

Mindmate website for mental health and emotional well being support - <https://www.mindmate.org.uk/>

Teen Connect for emotional well being support for 13-18 year olds <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

The Market Place for 11-24 year old support www.themarketplaceleeds.org.uk

NSPCC - <https://www.nspcc.org.uk/>

Free, safe & anonymous online support - counselling and emotional well-being platform for children and young people – kooth.com

Leeds Domestic Violence support - <https://ldvs.uk/>