

# Sources of support for you

If you feel like you're struggling right now, you're not alone. We've gathered contact information for some helplines, so you know where you can turn to if you need some help. Remember, it's ok not to be ok.

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## Family life

Family Lives (support on any aspect of parenting and family life. Freephone) | 0808 800 2222 | [askus@familylives.org.uk](mailto:askus@familylives.org.uk) | [familylives.org.uk](http://familylives.org.uk)

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## Mental health

### For you:

Samaritans (free) | 116 123 | [jo@samaritans.org](mailto:jo@samaritans.org) | [samaritans.org](http://samaritans.org)

Mind (calls charged at local and network rates) | 0300 123 3393 | [info@mind.org.uk](mailto:info@mind.org.uk) | [mind.org.uk](http://mind.org.uk)

### If you're worried about your child:

Young Minds Parents Helpline (free) | 0808 802 5544 | <https://bit.ly/3p8kpDp>

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## Domestic abuse

National Domestic Abuse Helpline (free) | 0808 2000 247 | [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

Men's Advice Line (free) | 0808 8010 327 | [mensadviceline.org.uk](http://mensadviceline.org.uk)

Galop (free, LGBT+) | 0800 999 5428 | [galop.org.uk](http://galop.org.uk)

IDAS (Independent Domestic Abuse Services) Helpline number: 03000 110 110 (7 days a week). Website: [www.idas.org.uk](http://www.idas.org.uk). Live-chat: available Mon – Fri 5pm – 7pm.

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## Alcohol, drugs and gambling

Drinkline (free) | 0300 123 1110

Drinkchat (calls charged at local and network rates) | 0300 123 1110 | [bit.ly/2NoQx7T](https://bit.ly/2NoQx7T)

Frank (for support around drugs and alcohol. Calls charged at local and network rates) | 0300 123 6600 | [talktofrank.com](http://talktofrank.com)

National Gambling Helpline, run by Gamcare (free) | 0808 8020 133 | [gamcare.org.uk](http://gamcare.org.uk)

Adfam (for families of those affected by drug, alcohol and gambling problems) | find local support on their website: [adfam.org.uk](http://adfam.org.uk)

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## Food

York Foodbank is a charity with a Christian ethos which started in 2012 as an initiative of churches in York in response to growing numbers of people living in poverty and needing support. York Foodbank now runs out of four food distribution points which open on different days across the city (Tang Hall, Huntington, Acomb and the City Centre). The aim is to meet the needs of those in our local community who are experiencing a crisis situation, to give people hope, practical help, and a brighter future through additional signposting services.

The vast majority of our food is generously donated by people in the local community (schools, businesses, churches and individuals) and volunteers of all backgrounds help to sort, pack, and distribute food parcels to individuals and families in need. Local people are feeding local people.

The families and individuals who come to us have been referred by care professionals. Social workers, Citizens' Advice, health visitors, school liaison officers and others, work with us to help people in crisis so that they do not have to go hungry.

Please contact Mrs Hancy, if you wish to discuss this further.