|  |  |
| --- | --- |
| **Domestic Violence****National Domestic Abuse Helplin**e (24/7) 0808 2000 247**Rape Crisis:** 0808 802 9999 – also an online chat service available via <https://rapecrisis.org.uk/get-help/live-chat-helpline/> **Women’s Aid:** provide an online chat service available via <https://chat.womensaid.org.uk/> **The Survivors’ Forum** (24/7): an online resource for survivors of domestic abuse**Changing Pathways:** local domestic abuse charity for parts of Essex. 01268 729 707**CARA (Centre for Action on Rape and Abuse)** local support info@caraessex.org.uk 01206 769795**South Essex Rape and Incest Crisis Centre (SERRIC)** sericc@sericc.org.uk 01375 380609 | **Homelessness/Housing****Essex Mediation** (help with disputes) 01245 492200 info@essexmediation.co.uk**Sanctus** (free café for homeless)Contact Emma: 07817965315Email: info@sanctus-home.com**CHESS** (counselling, support & temporary accommodation) Contact Jacqui: 01245 281104Email: Jacqui@chelmsfordchess.org**Helping Hands Essex** (support & accommodation for homeless with alcohol issues) Call: 01245 475660 Email: info@hhe.org.uk |
| **Mental Health****Emotional Wellbeing and Mental Health Service (EWMHS)** for children and families with mental health issues/concerns Call: 0300 300 1600Email: nelft-ewmhs.referrals@nhs.net **Adult Mental Health Wellbeing Team:** 033303 22958mentalhealth.wellbeingservice@essex.gov.uk**Counselling Service – Somewhere To Turn** 01702 601123 contact.volunteer@seandcessexmind.org.uk**Mid and North Essex Mind** (counselling)01206 764600 enquiries@mnessexmind.org**Kids Inspire** (support for children’s mental health) admin@kidsinspire.org.uk 01245 348707**Kooth** (online support for mental health) <https://kooth.com/>**Open Door** (counselling) interventions@opendoorservices.org 01375 390040**Relate** (counselling) counselling@relatelnene.org.uk 01708 441722**Renew** (counselling) info@renew-us.org.uk **The Change Project** (counselling) tcp@thechange-project.org 01245 258680**Young Person’s Counselling Service** ypcs.brentwood@virgin.net 01277 230831 | **Education/SEN****Red Balloon Learner Centre – Braintree** (for children unable to attend school due to anxiety/mental health) Contact Louise Miller: 07823556842Email: louise.miller@rbair.org.uk**SEN Advisory Service – Essex County Council (SENDIASS)**  Helpline: 0333 013 8913Email: send.iass@essex.gov.ukText: 07860 003010**Essex Family Forum:** Support for children, young people, families around SEN <https://essexfamilyforum.org/>**SNAP (Special Needs and Parents)** – charity for children with SEN & supporting parents of children with SEN <https://www.snapcharity.org/> SNAP Helpline: 01277 211300 |
| **Young Carers****Action for Family Carers (free service)**Support for young carers. Telephone 0300 770 8090Email: youngcarers@affc.org.uk |
| **Prison****Ormiston Families – Breaking Barriers Counselling Service** (support for children with family member in prison) sarah.mckinlay@ormistonfamilies.org.uk Phone number01245 552453 |
| **Employment****Building Better Opportunities - Paperworth Trust** (Employment support) Contact Helen Stanley: 01277 321001 or 07764 784469Email: helen.stanley@papworthtrust.org.uk |