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| **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](mailto:info@caraessex.org.uk) 01206 769795  **South Essex Rape and Incest Crisis Centre (SERRIC)** [sericc@sericc.org.uk](mailto: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: 07817965315  Email: [info@sanctus-home.com](mailto:info@sanctus-home.com)  **CHESS** (counselling, support & temporary accommodation) Contact Jacqui: 01245 281104  Email: [Jacqui@chelmsfordchess.org](mailto: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 1600  Email: [nelft-ewmhs.referrals@nhs.net](mailto:nelft-ewmhs.referrals@nhs.net)  **Adult Mental Health Wellbeing Team:** 033303 22958  [mentalhealth.wellbeingservice@essex.gov.uk](mailto:mentalhealth.wellbeingservice@essex.gov.uk)  **Counselling Service – Somewhere To Turn**  01702 601123 [contact.volunteer@seandcessexmind.org.uk](mailto:contact.volunteer@seandcessexmind.org.uk)  **Mid and North Essex Mind** (counselling)  01206 764600 [enquiries@mnessexmind.org](mailto:enquiries@mnessexmind.org)  **Kids Inspire** (support for children’s mental health) [admin@kidsinspire.org.uk](mailto:admin@kidsinspire.org.uk) 01245 348707  **Kooth** (online support for mental health) <https://kooth.com/>  **Open Door** (counselling) [interventions@opendoorservices.org](mailto:interventions@opendoorservices.org) 01375 390040  **Relate** (counselling) [counselling@relatelnene.org.uk](mailto:counselling@relatelnene.org.uk)  01708 441722  **Renew** (counselling) [info@renew-us.org.uk](mailto:info@renew-us.org.uk)  **The Change Project** (counselling)  [tcp@thechange-project.org](mailto:tcp@thechange-project.org) 01245 258680  **Young Person’s Counselling Service** [ypcs.brentwood@virgin.net](mailto: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: 07823556842  Email: [louise.miller@rbair.org.uk](mailto:louise.miller@rbair.org.uk)  **SEN Advisory Service – Essex County Council (SENDIASS)**  Helpline: 0333 013 8913  Email: [send.iass@essex.gov.uk](mailto:send.iass@essex.gov.uk)  Text: 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 8090  Email: [youngcarers@affc.org.uk](mailto:youngcarers@affc.org.uk) |
| **Prison**  **Ormiston Families – Breaking Barriers Counselling Service** (support for children with family member in prison) [sarah.mckinlay@ormistonfamilies.org.uk](mailto:sarah.mckinlay@ormistonfamilies.org.uk)  Phone number  01245 552453 |
| **Employment**  **Building Better Opportunities - Paperworth Trust** (Employment support) Contact Helen Stanley: 01277 321001 or 07764 784469  Email: helen.stanley@papworthtrust.org.uk |