

Dacorum Family Services

Supporting Families in DFS Schools



www.dacorumfamilyservices.org.uk

Emergency Helplines

HCC Children's Services: 0300 123 4043

Samaritans: 116 123

ChildLine 0800 1111

Health Advice

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/>

ChatHealth confidential text messaging service for children/young people (aged 11-19) to contact their local school nursing team. **Text: 07480 636 050**

<https://www.healthforteens.co.uk/health/about-chathealth>

Health for Teens website

Financial Help & Advice

Dacorum Foodbanks:

<https://dacorum.foodbank.org.uk/get-help/>

Please contact your School or School Family Worker if you require a foodbank voucher

Family Lives: 0808 800 2222

<https://www.familylives.org.uk/>

The Money Advice Unit has produced a factsheet on the Coronavirus and benefits which can be [viewed here](#)

MoneySavingExpert site [Financial advice and guidance relating to coronavirus](#) is available here

Emotional Wellbeing

Young Minds

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Healthy Young Minds in Herts

<https://www.healthyyoungmindsinherts.org.uk/>

Coping at home with the children/teens

Families First Portal for relevant non-emergency Family Support Advice, Guidance or Signposting:

www.hertfordshire.gov.uk/familiesfirst

Family Lives: 0808 800 2222

<https://www.familylives.org.uk/>

SEND Help & Advice - Help manage the transition to home schooling: **DSPL:** www.dacorumdspl.org.uk

Other

Spectrum - Support for young people with drug and alcohol issues and their families. Coronavirus page for under-21s: www.changegrowlive.org/advice-info/coronavirus/people-under-21

www.changegrowlive.org

T: 0800 652 3169



Bereavement

<https://www.winstonswish.org/coronavirus>

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

Domestic Abuse

Herts Sunflower

<https://www.hertssunflower.org>



Safer places

<https://www.saferplaces.co.uk/coronavirus-covid-19-safety-advice>

Call 999 in the event of an emergency. If you are unable to speak or are worried speaking will put you in further danger press 55 – this will put you through to your local police team



<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse>

Dacorum Family Services

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**A Free, Confidential
Advice and Support
Service for local
Families**

