



Support for Families

Mental Health Support Line	<ul style="list-style-type: none"> • 0800 028 0077 • www.derbyshirehealthcareft.nhs.uk/support-line • CRISIS team – 01332 623700
Support for victims and survivors of domestic abuse	<ul style="list-style-type: none"> • Email: @escapedomesticviolence
Domestic Abuse Help line	<ul style="list-style-type: none"> • 08000 198 668
Ashby Food Banks	<ul style="list-style-type: none"> • 07542 118878
Samaritans	<ul style="list-style-type: none"> • Freephone: 116 123 • Email: jo@samaritans.org
Support for Single Parents	<ul style="list-style-type: none"> • Gingerbread Charity: 0808 802 0925 • www.gingerbread.org.uk
Family Action Charity (emotional support and guidance for families)	<ul style="list-style-type: none"> • 0808 802 6666 • Text: 07537 404 282
Home-Start, Derby (support for families)	<ul style="list-style-type: none"> • 01332 742619
Barnardo's (support for vulnerable children, young people and families)	<ul style="list-style-type: none"> • Freephone: 0800 157 7015 • www.barnardos.org.uk
Relate (relationship support)	<ul style="list-style-type: none"> • www.relatederby.org.uk • Helpline: 0808 178 9363