

Organisation	Number	Website
<b>Safer Places</b> – domestic abuse support	03301 025 811	<a href="http://www.saferplaces.co.uk">www.saferplaces.co.uk</a>
<b>ADD-Vance</b> – charity supporting families affected by ADHD, Autism or a related condition	07716 744 662 (Mon to Fri 9am -1pm)	<a href="http://www.add-vance.org">www.add-vance.org</a>
<b>Young Minds</b> – parent helpline for children and young people with mental health issues	020 7089 5050	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Family Lives</b> – parenting and family support	0808 800 2222	<a href="http://www.familylives.co.uk">www.familylives.co.uk</a>
<b>Childline</b> – children’s advice line	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Care for the Family</b> – charity to promote strong family life and help those facing difficulties	02920 810 800	<a href="http://www.careforthefamily.org.uk">www.careforthefamily.org.uk</a>
<b>Samaritans</b> – a charity providing support to anyone in emotional distress or struggling to cope	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Children’s Services Hertfordshire</b>	0300 123 4043	<a href="https://www.hertfordshire.gov.uk/services/childrens-social-care/childrens-social-care.aspx">https://www.hertfordshire.gov.uk/services/childrens-social-care/childrens-social-care.aspx</a>
<b>Single Point of Access</b> – contact for people wishing to access adult community services	0300 777 0707	<a href="http://www.hpft.nhs.uk/get-help">www.hpft.nhs.uk/get-help</a>
<b>Family Centre</b> -support for families, parents and carers in Hertfordshire	0300 123 7572	<a href="http://www.hertsfamilycentres.org">www.hertsfamilycentres.org</a>