



## Services available to families over the Christmas period

- NSPCC: <https://www.nspcc.org.uk/>
- Childline: 0800 1111 (Freephone) / <https://www.childline.org.uk/>
- Police on 999 in an emergency or 101 for non-emergencies
- 112: For all emergency services
- NHS helpline: 111
- National Domestic Violence Helpline - 0808 2000 247 (24 hours a day - freephone) / <https://www.nationaldahelpline.org.uk/>
- Samaritans: 116 123 (24 hours a day - freephone) / <https://www.samaritans.org/>
- Family Action – Family Line: 0808 802 6666/ 07537 404282 (text) / <https://www.family-action.org.uk/>
- Accident and Emergency at Leeds General Infirmary (LGI)
- Children’s Social Work Service: Daytime contact number: 0113 2224403
- Mindmate: 0300 5550324 / <https://www.mindmate.org.uk/>
- Leeds Domestic Violence Service: 0113 2460401 (24 hours a day) / <https://ldvs.uk/>
- Teen Connect Help line: 0808 8001212 (6pm-2am)/ 07715 661559 (text) / <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>
- The Market Place: 0113 2461659 / <https://www.themarketplaceleeds.org.uk/>
- Kooth: <https://www.kooth.com/>
- Leeds Food Aid Network: <https://leedsfoodaidnetwork.co.uk/>
- Trussell Trust Food Bank: 0113 2772229 / <https://leedssouthandeast.foodbank.org.uk/>
- St Vincents Food Bank: 0113 2484126 / <https://www.svp.org.uk/microsite/st-vincents-leeds>
- Other food bank/ food support options (publicity prepared by Temple Learning Academy) [can be viewed here](#)
- Welfare support: 0113 3760330 Emergency help with essentials such as food, gas and electric / <https://www.leeds.gov.uk/benefits/help-with-food-and-bills>
- Housing Leeds: 0113 3760410 / <https://www.leedshomes.org.uk/>
- Leeds Housing Options: 0113 222 4412 Emergency out of hours 0113 378 8366 [housing.options@leeds.gov.uk](mailto:housing.options@leeds.gov.uk)
- [Together Leeds](#) - Leeds City Council's official guidance and support with the cost of living
- <https://leedssouthandeast.foodbank.org.uk/> - Local food bank support in the East
- <https://www.kooth.com/> - Online mental health support via webchat for young people aged 11-24
- <https://www.themarketplaceleeds.org.uk/> - Free and confidential support around mental health and wellbeing for young people aged 11-25 in Leeds 0113 246 1659
- <https://www.childline.org.uk/> - Telephone support and webchat for children. 0800 1111
- Teen Connect helpline offer telephone or online support. Mon-Friday 3.30pm – 2am. Sat/Sun 6pm -2am
- Call 0808 800 1212 or text 07715 661559