

Support over the lockdown Period

Lockdown will be a difficult time for all of us and our children. We have put together some sources of support should you need them.

Covid 19 Winter Grant

The scheme will provide support across Barnsley over the winter months, focusing on households with children who access Free School Meals.

Families will receive a £15 voucher for each child for each week of the Christmas and February half-term holidays. There will be no need to apply if you are already receiving free school meals. Details of how to access vouchers will be distributed to families before the Christmas break.

To access the funding, visit barnsley.gov.uk/money-advice-and-support. This page also has details of other financial support available, including the Local Welfare Assistance scheme.

Combined Minds App

For parents and friends of those struggling with their mental health.



COMBINED MINDS

BMBC Advice Services
Homeless / Housing
Telephone - 01226 773870
Freephone - 03003031990

24 hour NHS mental health helpline
0800 1830558

National Gambling Helpline
0808 8020133
<https://www.ncpgambling.org>

Barnsley Council Emergency Contact Centre
Emergency Food / shopping
Telephone - 01226 774444
Freephone - 08081963531

Domestic Abuse
999 then press 55
National Helpline – 0800 2000247
www.nationaldahelpline.org.uk



GET HELP

www.barnsley.foodbank.org.uk

Text Shout to 85258

Free, confidential text support service to help with issues such as suicidal thoughts, depression, anxiety, self-harm, abuse, relationships problems and bullying.

NSPCC
Reporting concerns
[0800 800 5000](http://0800.800.5000)
www.nspcc.org.uk

Recovery Steps - Drug and alcohol Services
01226 779066
www.humankindcharity.org.uk/service/barnsley-recovery-steps
Email;
brs.referrals@humankindcharity.org.uk

Childline

Children can visit the website for information and support with anything, such as feelings, worries, friendships, sleep and bullying.

If they feel they would like to speak to a counsellor, they can call for free on 0800 1111.

Mental Health support for young people
youngminds.org.uk

Samaritans
Freephone
Safe Space to talk through your worries
01226 116123

Men's Advice Line
Male victims of domestic abuse
0808 8010327

<http://mensadvice.org.uk>

Barnsley Bereavement
01226 200565
www.barnsleybereavementsupportservice.org

National LGBTQ Domestic Abuse Helpline
0800 9995428
<http://www.galop.org.uk/domesticabuse>