



Wellbeing Support for Adults and Vulnerable People during Covid-19

The following websites and contact numbers offer support to adults and young people who maybe suffering domestic abuse or mental health difficulties.

Assault, Vulnerability & Domestic Violence

- The Rape and Sexual Abuse Support Centre (Cheshire and Merseyside) provide support for any adult or child affected by sexual violence on: 0330 363 0063 or via www.rapecentre.org.uk
- Sexual Assault Referral Centre (SARC), available to the residents of Cheshire, offer forensic and medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted on: 0161 276 6515 or via www.cheshiresarc.org.uk
- The NSPCC offer support on what to do to help protect young people. Contact via: 0808 800 5000. Please visit their website at: www.nspcc.org.uk/preventingabuse/keeping-children-safe/staying-safe-away-from-home/qanqs-young-people/
- Eighteen And Under offer information and support to young people who have been abused in any way, Please visit their website at: www.18u.org.uk
- Women's Aid is the national charity working to end abuse against women and children. Please visit their website at: www.loverespect.co.uk

Mental Health & General Wellbeing

- SANE runs a national, out of hours mental health helpline offering specialist mental health support to anyone affected by mental illness, including the family, friends and carers. Contact via: 0300 304 7000. Please visit their website at: www.sane.org.uk
- Mind offer advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Please visit their website at: www.mind.org.uk/information-support

The following websites and contact numbers offer support with parenting

Parenting Support

- Parentline Plus is a helpline which offers information, advice, guidance and support on any aspect of parenting and family life. Contact via: 0808 800 2222 please visit their website at: yulfamilyli.ygsor-g.uR.
- Motherwell Cheshire CIO offer counselling to mums who are experiencing their own anxiety and depressions difficulties (especially in combination with their child's own MH difficulties). Contact via: 01606 557666, Please visit their website at: www.motherwellcheshirecio.com

- Wishing Well offers a range of different sessions from parenting programmes and one to one advice. Contact via: 01270 256919. Please visit their website at: www.wishingwellproject.com