

- [Keeping children safe | NSPCC](#)
- [Parents, Carers & Families - Northamptonshire Safeguarding Children Board \(northamptonshirescb.org.uk\)](#) – Northamptonshire safeguarding board
- [Childline | Childline](#)
- [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)
- [About Us - NSPA](#) – suicide prevention

### [Citizens Advice](#)

Free advice to help you find a way forward, whatever the problem.

- Telephone: 03444 111 444 (National Advice Line)
- [National Autistic Society](#)  
The National Autistic Society provide a range of quality, professional support services for people on the autism spectrum and their families and carers

### [Cruse Bereavement Care](#)

Free confidential support for those who have experienced the death of someone close to them.

- National Helpline: 0808 808 1677
- Local Contact: 07772428532
- Email: [northamptonshire@cruse.org.uk](mailto:northamptonshire@cruse.org.uk)

### [Mental Health Northants Collaborative](#)

Group of established voluntary sector providers of Mental Health services in Northamptonshire.

### [Alzheimer's Society](#)

Alzheimer's Society is the UK's leading dementia charity. They campaign for change, fund research to cure and support people living with dementia.

- Support Line: 0333 150 3456

### [Alzheimer's Society - Local Support](#)

Find local support near you.

### [Dementia Action Week](#)

The theme for this year's Dementia Action Week is about the importance of getting a diagnosis. Alzheimer's Society want to encourage those who might be living with undiagnosed dementia and their partners, family and friends to be able to understand and recognise potential dementia symptoms and seek help if it's needed.

### [Dementia UK](#)

Dementia UK provides specialist dementia support for families through their Admiral Nurse Service.

- Dementia Helpline: 0800 888 6678
- Email: [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

### [Herbert Protocol](#)

The Herbert Protocol is a national scheme introduced by Northamptonshire Police and other Police forces across the country which encourages carers and families to record vital information on a form which could be used in the event of a vulnerable person going missing.

### [NHS Information - About Dementia](#)

Find NHS information about Dementia, including symptoms and diagnosis and care and support.

### [Domestic Abuse Support for Men - ManKind](#)

Support for male victims of domestic abuse and domestic violence.

- Telephone: 01823 334244

### [EVE](#)

Providing support, advice and refuge to victims of domestic abuse in Northamptonshire.

- Telephone: 01604 230311

### [Northamptonshire Against Domestic and Sexual Abuse \(NADASA\)](#)

NADASA is made up of different services across Northamptonshire working together to support adults and children who are at risk or have experienced domestic abuse or sexual violence.

### [Northamptonshire Domestic Abuse Service \(NDAS\)](#)

Providing 24 hour support, advice and refuge to victims of domestic abuse in Northamptonshire.

- Telephone: 0300 012 0154

### [Northamptonshire Rape Crisis](#)

Free and confidential advice on rape, sexual abuse and assault.

- Telephone: 0300 222 5930

### [Northamptonshire Sunflower Centre - IDVA Service](#)

Qualified IDVAs offer support and advice to high risk victims of domestic abuse in Northamptonshire.

- Telephone: 01604 888211
- Email: [sunflower@northants.pnn.police.uk](mailto:sunflower@northants.pnn.police.uk)

#### [SERENITY \(Sexual Assault Referral Centre\)](#)

Forensic Medical Examinations including health needs analysis (contraception/antibiotics/PEPP), Sexual Health follow up, 24 hour advice line, ISVA and ChISVA support, self-referral, anon intelligence, anon samples. If required refers victim for specific counselling for both adults and children.

- Advice Helpline: 01604 601713 (Mon - Sun: 24 hours)
- Main Office: 03000 270 040 (Mon - Fri: 8am - 6pm)

#### [Voice for Victims and Witnesses](#)

Providing support and advice to standard and medium risk victims of domestic crimes in Northamptonshire.

- Telephone: 0300 303 1965

#### [Daylight Centre Fellowship](#)

Provides support to those in North Northamptonshire who are facing personal challenges including homelessness, feeling isolated and learning difficulties.

- Telephone: 01933 446490
- Email: [info@daylightcf.org](mailto:info@daylightcf.org)

#### [East Northants Community Services](#)

Support for individuals to overcome the immediate challenges of homelessness, addiction, food poverty and isolation.

- Telephone: 01933 733001
- Night Shelter Telephone: 01933 353946

#### **Housing Options Teams:**

Contact your local housing team:

- [Corby](#): 01536 464629/31
- [Daventry](#): 01327 871100
- [East Northamptonshire](#): 0345 600 5050
- [Kettering](#): 01536 410333
- [Northampton](#): 0300 330 7000
- [South Northamptonshire](#): 01327 322299
- [Wellingborough](#): 01933 229777 (option 3)

#### [NAASH](#)

Northampton Association for Accommodation of Single Homeless is a charity which helps the homeless, based in Oasis House. Oasis House is a Places of Change project initiated by a number of partners in the Northampton area including; Midland Heart, The Hope Centre and Maple Access Partnership.

- Telephone: 0845 206 8646

#### [Northampton Hope Centre](#)

Northampton Hope Centre works to improve the lives of anyone affected by poverty, especially homelessness.

- Telephone: 06404 214300
- Email: [office@northamptonhopecentre.org.uk](mailto:office@northamptonhopecentre.org.uk)

#### [Learning Disability England](#)

Learning Disability England exists to make life better for people with learning disabilities and their families.

- Telephone: 0300 111 0444
- Email: [info@ldengland.org.uk](mailto:info@ldengland.org.uk)

#### [MENCAP](#)

Support for people with a learning disability and their families.

- Helpline: 0808 808 1111

#### [Northampton Adult Social Services - Learning Disability Support](#)

Local support and services for people with learning disabilities and their families.

#### [SCOPE](#)

National charity with a mission to achieve a society where disabled people enjoy equality and fairness.

- Telephone: 0808 800 3333
- Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

#### [Action for Happiness](#)

Action for Happiness have launched a new, free program called '10 Days of Happiness' to boost wellbeing during the Covid-19 pandemic.

#### [Crisis Cafes](#)

Crisis Cafes are ran by a NHFT Mental Health Professional and a MIND peer support worker. They provide support and safety to anyone in need and professionals can refer or direct individuals to further services if required.

#### [Mental Health Northants Collaborative](#)

Group of established voluntary sector providers of Mental Health services in Northamptonshire.

#### [Mental Health - Mind](#)

Mental Health charity which makes sure no one has to face a Mental Health problem alone.

- Corby: 01536 267280
- Daventry: 01327 879416
- Kettering: 01536 523216
- Northampton: 01604 634310
- Rushden: 01933 312800
- Wellingborough: 01933 223591

### **NHS Feel Good App**

A Positive Mental Training self-help programme is available on the Feeling Good App, approved by the NHS Digital App Library. It is an evidence-based programme building resilience and supporting patient's recovery from depression, anxiety and stress.

### **[Northamptonshire Healthcare Foundation Trust - Mental Health Support](#)**

Access a range of Mental Health support and services within Northamptonshire.

### **[Samaritans](#)**

Samaritans works to make sure there's always someone there for anyone who needs someone.

- Telephone: 116 123 (from any phone)
- 0300 094 5717

### **[Voluntary Impact Northamptonshire](#)**

Voluntary Impact Northamptonshire have a variety of wellbeing resources broken down by District and Borough.

### **Northamptonshire Police**

#### **[Northamptonshire Police](#)**

Police service for Northamptonshire; report a crime or get advice.

### **County Lines**

#### **[SafeCall: A lifeline for children and families \(Word 58KB\)](#)**

Support service to those in crisis as a result of County Lines.

### **Modern Slavery**

#### **[Gov.UK - Modern Slavery](#)**

National information in relation to Modern Slavery and helpline details.

#### **[Modern Slavery Helpline](#)**

Provides victims of modern slavery, the public and statutory agencies with information and support on a 24/7 basis.

- 08000 121 700

### [Modern Slavery Strategy](#)

The Modern Slavery Working Group in Northamptonshire have developed a Modern Slavery and Human Trafficking Strategy. This acts as a foundation for partnership activity over the next two years.

### [Unseen](#)

If you need help, or think someone may be a victim of slavery or exploitation, call the confidential UK modern slavery helpline 24 hours a day, 365 days a year.

### Adult Safeguarding

Report an adult safeguarding concern.

### [North Northamptonshire Council](#)

- Customer Service Centre: 0300 126 3000
- Telephone: 01604 626938 (Outside office hours - Emergency Duty Team)

### [West Northamptonshire Council](#)

- Customer Service Centre: 0300 126 7000
- Telephone: 01604 626938 (Outside office hours - Emergency Duty Team)

### [Children's Safeguarding - Multi-Agency Safeguarding Hub](#)

Report a children's safeguarding concern.

- Customer Service Centre: 0300 126 1000 (option 1)
- 01604 626938 (Outside office hours - Emergency Duty Team)

### [Northamptonshire Safeguarding Children Partnership](#)

Information and advice about keeping children safe in Northamptonshire.

### [Safeguarding Adults: Protecting people against Crime](#)

Information and advice to help people protect themselves against crime.

### [Drug Addiction: Getting Help](#)

### [Drug Misuse](#)

### [Family Support Link](#)

Provides free, accessible and non-judgemental support to those affected by another's substance misuse throughout Northamptonshire.

- General Enquires: 01933 224632
- Support Helpline: 01933 227078

### [Northamptonshire Drug and Alcohol Service](#)

## [Substance Misuse Information](#)

### [Substance to Solution](#)

Drug and alcohol service in Northamptonshire which supports people to reduce and stop using drugs and alcohol safely.

- Telephone: 0808 169 8512
- Email: [northants@cgl.org.uk](mailto:northants@cgl.org.uk)

### [The Bridge](#)

The Bridge Programme is a substance misuse agency providing peer support and activities throughout Northamptonshire.

- Telephone: 01604 621259
- Email: [migration@bridge-northants.org.uk](mailto:migration@bridge-northants.org.uk)

## [Care - Paying for care in your own home](#)

Care in your own home is also known as community-based care.

### [Northamptonshire Carers](#)

Northamptonshire Carers aims to offer comprehensive support services to carers living in Northamptonshire.

- General Enquiries: 01933 677837
- Carers Support Line: 01933 677907

### [E](#)**Voluntary Impact Northamptonshire**

Voluntary Impact Northamptonshire works to improve the quality of life for all of Northamptonshire's communities by supporting voluntary and community action across the county.

- Telephone: 01604 63752
- mail: [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)