

# Helplines and Websites for Parents and Carers

## Alcohol

[Alcohol Risk Factor](#) [www.alcoholriskfactor.com](http://www.alcoholriskfactor.com)

Aims to increase awareness of alcohol for the improvement of public health

[Down Your Drink](#) [www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

Website designed to help you work out whether you're drinking too much, and if so, what you can do about it

[Drinkaware](#) [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Website offering updates, research, resources and press releases

[Drinkline](#) Tel: 0800 9178282

National alcohol helpline if you're worried about your own or someone else's drinking

[Know the Score](#) <http://knowthescore.info/> Tel: 0800 5875879

Information, advice and support for young people and their families around alcohol and drugs

[Rotherham Community Alcohol Service](#) Tel: 01709 364804

Offering advice, information and counselling for people aged 18 and over with alcohol problems

## Bereavement

[Child Death Helpline](#) [www.childdeathhelpline.org.uk/index.htm](http://www.childdeathhelpline.org.uk/index.htm) Tel: 0800 282986

Helpline for anyone affected by the death of a child of any age

[Cruse Bereavement Care](#) [www.cruse.org.uk](http://www.cruse.org.uk) Tel: 0844 4779400

Offers specialist website, telephone, email and face-to-face support for adults, children and young people

[Winstons Wish](#) [www.winstonswish.org.uk](http://www.winstonswish.org.uk) Tel: 0845 2030405

Provider of services to bereaved families in the UK

## Bullying

[Bully Online](#) [www.bullyonline.org](http://www.bullyonline.org)

The world's largest resources on workplace bullying and related issues

[Bullying UK](#) [www.bullying.co.uk](http://www.bullying.co.uk) Tel: 0808 8002222

Advice for parents, school and pupils

## Carers

[Carers UK](#) [www.carersuk.org.uk](http://www.carersuk.org.uk) Tel: 0808 8087777

Provides information and advice about caring alongside practical and emotional support for carers

## Chat On-line

[Chat Danger](#) [www.chatdanger.com](http://www.chatdanger.com)

All about the potential dangers on interactive services online like chat, IM, online games, email and on mobiles

## Divorce and Separation

[Action for Children](#) [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

For children, young people and parents regarding divorce

## Domestic Violence

[Refuge](#) <http://refuge.org.uk>

Provides emergency accommodation for women and children when they are most in need

[Choices and Options](#) 01709 838400

Choices and Options support Rotherham's adult victims of domestic abuse in partnership with other agencies

## Emotional Health and Wellbeing

[beat](#) [www.b-eat.co.uk](http://www.b-eat.co.uk) Tel: 0845 6347650

Helplines, online support and a network of UK-wide self-help groups to help adults and young people beat their eating disorders

[Mental Health Foundation](#) [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Website committed to reducing the suffering caused by mental ill health and to help everyone lead mentally healthier lives

[MIND](#) [www.mind.org.uk](http://www.mind.org.uk) Tel: 01709 367648

Provides advice and support for anyone with a mental health problem

[SupportLine](#) [www.supportline.org.uk](http://www.supportline.org.uk) Tel: 01708 765200

Offers confidential emotional support to children, young people and adults

## Gambling

[Gamcare](#) [www.gamcare.org.uk](http://www.gamcare.org.uk) Tel: 0808 8020133

Provides support, information and advice to anyone suffering through a gambling problem

## Health

[Macmillan](#) Tel: 0808 8080000

Provides practical, medical and financial support for those affected by cancer

[NHS Direct](#) [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) Tel: 1111

You will be assessed, given advice and directed straightaway to the local service that can help you best.

[NHS LifeCheck](#) [www.nhs.uk/lifecheck](http://www.nhs.uk/lifecheck)

Online tool for parents and carers and provides personalised information and useful advice

[SunSmart](#) [www.sunsmart.org.uk](http://www.sunsmart.org.uk)

The UK's national skin cancer prevention campaign

[Walk in Centre](#) Tel: 01709 304802

Doncaster Gate Walk In Centre offers treatment for minor ailments

[WellChild](#) [www.wellchild.org.uk](http://www.wellchild.org.uk) Tel: 0845 4588171

Helps sick children and their families across the UK

## Healthy Eating

[Cookit!](#) <http://cookit.e2bn.org>

All sorts of healthy things to do, make and eat

[NHS - Food and Diet](#) [www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

Website for parents, children and young people

[The Great Grub Club](#) [www.greatgrubclub.com](http://www.greatgrubclub.com)

Website for children including recipes, educational materials and games around healthy eating

## Road Safety

[Tales of the Road](#) <http://talesoftheroad.direct.gov.uk>

Road safety information for children

## Smoking Cessation

Rotherham NHS Stop Smoking Service [www.rotherham.nhs.uk/smoking](http://www.rotherham.nhs.uk/smoking) Tel: 01709 422444

Free support and advice, also offers group sessions at a variety of places throughout Rotherham

## Substances

[SYPADS - People United Against Crime](#) [www.people-united.org](http://www.people-united.org)  
Tel: 01142 758688

Charity that works to reduce crime and the fear of crime, including preventing drug related crime and reducing the impact of drugs and alcohol in communities

[Talk to Frank](#) [www.talktofrank.com](http://www.talktofrank.com)

Tel: 0800 776600

For parents, students and schools

## Victim Support

[Victim Support](#) [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Tel: 0845 3030900

Offers practical and emotional support for anyone affected by crime

## General

[Childline](#) [www.childline.org.uk](http://www.childline.org.uk)

Tel: 0800 1111

Helpline for children and young people

[Rotherham Citizens Advice](#) [www.rotherhamcab.org](http://www.rotherhamcab.org)

Tel: 08444 111444

Help people resolve their legal, money and other problems by providing a free, independent and confidential advice service

[Samaritans](#) [www.samaritans.org](http://www.samaritans.org)

Tel: 0808 8080000

Support and advice 24hrs a day, 7 days a week, 365 days a year

## Rotherham Healthy Schools

[www.rotherhamconnectedlearning.org.uk/healthy\\_schools/healthy\\_schools\\_main.php](http://www.rotherhamconnectedlearning.org.uk/healthy_schools/healthy_schools_main.php)

Email: [healthyschools@rotherham.gov.uk](mailto:healthyschools@rotherham.gov.uk)

Tel: 01709 740226

