

**Useful numbers and websites:**

**Neurodevelopmental support links:**

<http://www.advancedsolutions.co.uk/>  
<https://www.theisabellatrust.org/>  
<https://www.adhdfoundation.org.uk/>  
<https://www.stoneycroftchildrenscentre.co.uk/>

**Mental Health and wellbeing links:**

<https://www.samaritans.org/>  
<https://www.nspcc.org.uk/>  
<https://www.childline.org.uk/> 0800 1111  
<https://youngminds.org.uk/>  
<https://www.liverpoolcamhs.com/emergency-advice/> 0151 293 3577  
<https://www.talkliverpool.nhs.uk/> 0151 228 2300 or e-mail:  
[talkliverpool@merseycare.nhs.uk](mailto:talkliverpool@merseycare.nhs.uk)  
[www.mind.org.uk](http://www.mind.org.uk)  
<https://resilienceframework.co.uk>  
<https://wke.lt/w/s/Yd2pPk>

**Early Help Directory link:**

<https://fsd.liverpool.gov.uk/kb5/liverpool/fsd/service.page>

**Free School Meals:**

<https://liverpool.gov.uk/children-and-families/early-years-and-childcare/childrens-centres/>

**Benefits and Finances links:**

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>  
<https://liverpool.gov.uk/benefits/help-in-a-crisis/>  
<https://www.citizensadvice.org.uk/>

**Safeguarding children and adults links:**

<https://liverpool.gov.uk/children-and-families/childrens-social-care/getting-help/careline-child-services/> 0151 233 3700  
<https://liverpool.gov.uk/adult-social-care/getting-help/careline-adult-services/>

**Mindfulness activities links:**

<https://www.cosmickids.com/>  
<https://www.headspace.com/>

**Local Community Centre support link:**

<https://www.thejosephlappincentre.com/>