

*Fruit Bowl
and
Say It*

*T: 0114 241 2728
sayit.org.uk*

*Youth Information, Advice
and Counselling Service*

T: 0114 302 2800

*Community Youth
Teams*

T: 0800 138 8381

*Kooth
Online mental
wellbeing
community
www.kooth.com*

*Golddigger Trust
T: 0114 327 1191
golddiggertrust.co.uk*

*Safeguarding
Children's Services*

T: 0114 273 4934

Samaritans

*T: 0330 094 5717
www.samaritans.org*

*Sheffield Children's
Safeguarding Hub*

T: 0114 273 4855

*Sheffield Young
Carers*

T: 0114 258 4595

The Mix

*Essential support for
under 25s*

*T: 0808 808 4994
themix.org.uk*

**External Support Services
Winter 2021**

*Cruse Bereavement
Care*

*T: 0800 808 1677
cruse.org.uk*

CAHMS

*Children and Adolescent
Mental Health Service
T: 0114 305 3218*

*Sheffield Domestic
Abuse Team*

T: 0808 808 2241

Childline

*T: 0800 111
childline.org.uk*

Door 43

*T: 0781 569 8447
W: sheffieldfutures.org*

*Papyrus
Suicide prevention
charity*

*T: 01925 572 444
papyrus-uk.org*

*Roundabout
T: 0114 253 6789
roundabouthomeless.org*

NSPCC

*T: 0114 241 2728
nspcc.org.uk*