

Safeguarding:

[Safeguarding hub](#): 0345-603-7627

Emergency Duty Service (Immediate Out of Hours Response) No: 0345 606 1212

Family Solutions: 03330137929

Essex Police: (999 or 112)

Police Child Abuse Investigation Team - 01277 266882

[Basildon Foodbank](#)

[NSPCC](#)

The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover.

[ChildLine](#)

Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC

[Action for Children](#)

Action for Children supports and speaks for the UK's most vulnerable and neglected children and young people.

[Department for Education](#)

Articles and advice for children and young people.

Wellbeing & Mental Health:

[Kooth](#)

XenZone is a provider of online mental health services for children, young people and adults.

[Young Minds](#)

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

[Emotional wellbeing and mental health service \(EWMHS\)](#)

Emotional Wellbeing and Mental Health Service(EWMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Southend, Essex and Thurrock.

[Samaritans](#)

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

[FRANK](#)

0300 123 6600 (UK), 24 hours a day

SMS: 82111 - Need a quick answer? Text a question and FRANK will text you back.

Online Safety:

[CEOP](#)

News and articles surrounding internet safety

[ThinkUKnow](#)

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline