

NAME	DESCRIPTION	CONTACT NUMBER	WEBSITE/EMAIL
Action for Sick Children		0161 486 6788	
Spectrum Parent Support Group			Facebook page
Assoc. for Postnatal Depression	Helpline (10am – 12pm Mon, Weds & Fri) (10am – 5pm Tues & Thurs)	0207 386 0868	
Asthma Advice Line		0300 222 5800	www.asthma.org.uk
Anxiety UK	Support and information for those with anxiety disorder	0844 4775774	www.anxietyuk.org.uk
Behaviour Support Services	Help and advice to parents regarding behaviour of primary school children Thurs 11.30am – 1.30pm	North East Essex – 01206 711157 Mid Essex – 01376 555601 South Essex – 01268 498858	
Bullying UK			www.bullying.co.uk
Care For the Family	Help following family breakdown or bereavement		www.careforthefamily.org.uk
Chelmsford Mencap	Play and support services to special needs children, adults & carers in Essex	01245 268303	info@cityofchelmsfordmencap.org.uk
Child Benefit Helpline	Enquiries relating to child benefit and Guardian's allowance	08453 021444	

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Childline	Confidential advice, support or information	0800 1111	www.childline.org.uk
Child Protection	If you are worried a child or young person	0845 603 7634	www.escb.co.uk
Choice Advice	Provides a service to help all parents choose the right school for their child		www.essex.gov.uk/topic/admissions
CLIC Sargent	Supporting children who are diagnosed with cancer and their families	0300 330 0803	www.clicsargent.org.uk
Cry-Sis	Provides self-help and support for families with excessively crying and sleepless babies	08451 228669	www.cry-sis.org.uk
CSA (Child Support Agency)			www.csa.gov.uk
Daycare Trust	Info on childcare options on where to find it and how to pay for it	0207 840 3350	www.daycaretrust.org.uk
Education Otherwise	National charity supporting home educating families (meetings all over Essex)	0870 7300074	
ERIC	The Children's Bowel and Bladder Charity	0808 1699949	www.eric.org.uk
Equal Opportunities Commission	Advice on parental rights and sex discrimination	08456 015901	www.eoc.org.uk
Essex FA	Providing football opportunities for people with a disability throughout Essex		www.essexfa.com

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Essex Family Information Services	Free, unbiased advice to parents and carers regarding childcare and support services in Essex	0800 0556874	www.essex.gov.uk/family-information-service
Essex Racial Equality Council		01702 333351	
Families in Focus (Essex)	Support for families of children with disabilities and special needs	01245 353575	www.familiesinfocusessex.org.uk
Families Need Fathers	Information and support for separated, divorced and unmarried parents of either sex	0300 0300363	www.fnf.org.uk
Gingerbread Advice Line	Advice on lone parenthood		www.gingerbread.org.uk
Le Leche League	Offers advice and support to mothers who breastfeed	07745 826169	Facebook page @LLLchelmsford
The Lighthouse Centre	Support following unexpected pregnancy, counselling following abortion or miscarriage	01245 494838	www.lighthouseft.org.uk
Make-A-Wish	Making wishes come true for seriously ill children		www.make-a-wish.org.uk
MALE VICTIMS OF DOMESTIC ABUSE	Support for male victims of abuse and domestic violence	01823 334244	www.mankind.org.uk
Maternity Alliance	Maternity rights advice	0207 490 4638	www.maternityaction.org.uk

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MIND	Support and advice for those suffering from mental health problems	0300 1233393	www.mind.org.uk
Nat Assoc. for Gifted Children	Support and info for gifted children	01908 646433	www.potentialplusuk.org
Nat. Childminding Assoc	Information on choosing a childminder	0800 169 4486	www.childcare.co.uk
Nat. Day Nurseries Assoc	Fact sheet on selecting a nursery	01484 407070	Email: info@ndna.org.uk
New Ways to Work	Advice on flexible working	020 7503 3283	www.new-ways.co.uk
NSPCC Helpline	24-hour helpline for anyone concerned about a child at risk	0808 800 5000	
One Parent Families	Helpline for lone parents	0808 801 0323	www.opfs.org.uk
Only Dads/Only Mums	Support for single parents		www.onlydads.org www.onlymums.org
Parent Partnership Service	Support for parents of children with special educational needs		www.essex.gov.uk/special-educational-needs-and-disabilities
Parent Plus	Helpline for parents	0808 800 2222	www.familylives.org.uk
Parents at Work	Employment advice	0300 022 0312	www.workingfamilies.org.uk
Phab Essex	Encouraging disabled and non-disabled people to come together	01277 216712	www.phab.org.uk

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Refuge	For women and children against domestic violence	0808 2000 247 24 hour helpline	www.refuge.org.uk
Relate	For those who are having relationship problems, counselling	0300 0030396	www.relate.org.uk
Royal Assoc for Deaf People	Support for families and/or children who are deaf or hard of hearing	Head Office: 0300 688 2525	www.royaldeaf.org.uk
Shelter	Housing information, support & legal advice	0808 800 4444	www.england.shelter.org.uk
SNAP (Special Needs and Parents)	Support for families with children age 0-25 years with special needs and disabilities	01277 211300	www.snapcharity.org
SNAC (Special Needs Activity Club)	Regular clubs and holiday activities/trips for the whole family	01375 389867	sportsuite.activeessex.org/
Stillbirth and Neo Natal Death Society	Information and support when a baby dies	0808 164 3332	www.sands.org
Tax Credits Helpline		0345 300 3900	
The Miscarriage Assoc	Support following miscarriage or ectopic pregnancy	01924 200799	www.miscarriageassociation.org.uk
The Samaritans	Confidential support for anyone who is suicidal or despairing	116 123	www.samaritans.org
Two Hands Plus	Support for single parents	01245 399541	

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Wipe Away Those Tears	Support for seriously or terminally ill children (and their families) in Essex		www.wipeawaythosetears.org Email: gail@wipeawaythosetears.org
Young People's Counselling Service		01277 230831	