



# Sheffield Support Information



## **Mental Health Support – Sheffield**

Door 43 (13-25) – 0114 201 2800

[www.sheffieldfutures.org.uk/mental-health-and-wellbeing](http://www.sheffieldfutures.org.uk/mental-health-and-wellbeing)

The Mix - [www.themix.org.uk](http://www.themix.org.uk) – advice and signposting

Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk) – 0808 802 5544

Chilypep – <https://chilypep.org.uk>

Sheffield Mental Health –  
[www.sheffieldmentalhealth.co.uk](http://www.sheffieldmentalhealth.co.uk)

A Mind Apart – children, young people and adults from complex and vulnerable backgrounds  
<https://amindapart.org.uk>

Mind Sheffield – 0114 248 4489 –  
[www.sheffieldmind.co.uk](http://www.sheffieldmind.co.uk)

Sheffield CAMHS – 0114 305 3218

## **Drug and Alcohol Support – Sheffield**

Likewise Sheffield – 18+ -  
<https://likewiseshffield.org.uk>

CGL – Young People – [www.changegrowlive.org](http://www.changegrowlive.org)

## **Health and Wellbeing support**

ChatHealth (confidential help and advice via text message from a health professional)  
<https://chathealth.nhs.uk>

Derbyshire School Nursing Team  
(information/advice)  
<http://www.derbyshirefamilyhealthservice.nhs.uk>

## **Sheffield LGBTQIA+ support**

SAYit – Support and social opportunities –  
[www.sayit.org.uk](http://www.sayit.org.uk) - 0114 308 1228

Galop – National support –  
[www.galop.org.uk](http://www.galop.org.uk)

## **Bereavement Support – Sheffield**

Hope – bereavement support for loss through fire, road traffic collision or drowning – [www.hope-sy.co.uk](http://www.hope-sy.co.uk)

Cruse – National - [Cruse Bereavement Care - Sheffield \(Face-To-Face, Telephone, Email And Website Support\)](http://www.cruse.org.uk)

## **Safeguarding**

999 in an emergency

Sheffield Safeguarding Hub – 0114 273 4855

FIS – Family Intervention Service – 0114 273 4855

## **Local Food Bank support**

Trussell Trust – [www.trussell.org.uk](http://www.trussell.org.uk)

St Vincent – <https://svp.org.uk>

Grace Foodbank -  
<https://www.gracefoodbanksheffield.org.uk/>

## **Young Carers**

Young Carers –  
[www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk)



# Sheffield Support Information



## **Domestic abuse support – Sheffield**

IDAS – for adults and children – [www.idas.org.uk](http://www.idas.org.uk) – 0808 808 2241

Respect Men’s Advice line – for men experiencing domestic abuse – [www.mensadvice.org.uk](http://www.mensadvice.org.uk) – 0808 8010327

Karma Nirvana – support for victims and survivors of forced marriage and honour based abuse – 0808 599 9247

Mums in Need – Support for confronting coercive control – 0800 852 7414 – [www.mumsinneed.com](http://www.mumsinneed.com)

Haven – Children affected by domestic abuse – 0114 213 0590 – [www.havenorg.uk](http://www.havenorg.uk)

## **Neurodiversity support:**

Neurodiversity Sheffield – 0114 241 2733 – [www.family-action.org.uk/services/supporting-sheffields-neurodiverse-families-service](http://www.family-action.org.uk/services/supporting-sheffields-neurodiverse-families-service)

Sheffield Directory - <https://www.sheffielddirectory.org.uk/localoffer/adhd-autism-sensory-processing-and-neurodiversity/>

## **Self Harm – Sheffield**

Sheffield CAMHS – 0114 305 3218

Self Injury Support – [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Rise Sheffield (peer support) – 07593 591 938

## **Eating Disorder services – Sheffield**

SYEDA – Sheffield – [www.syeda.org](http://www.syeda.org)

SEDS – 16+ -

[www.sheffieldpartnership.nhs.uk/services/](http://www.sheffieldpartnership.nhs.uk/services/)

## **Eckington School support:**

**Safeguarding Concerns** – Mrs Pearce-Brown/Mrs Moor

[safeguarding@eckington.chorustrust.org](mailto:safeguarding@eckington.chorustrust.org)

**School support emails for students:**

[antibullying@chorustrust.org](mailto:antibullying@chorustrust.org)

[pride@eckington.chorustrust.org](mailto:pride@eckington.chorustrust.org)

**Other support available:**

- Pastoral Support Programme – year teams
- SEMH (social,emotional,mental health) – Mrs Clifton
- Early Help support – Mrs Grundy

# **Sheffield Support Information**