**TPP for Essex Partners Webinar Series**

**Useful Links**

**Emergency**

* 999 & A&E
* Samaritans 116 123
* NSCPP Adult helpline: 0808 800 5000, Under 18: 0800 1111

**Support Services**

* Samaritans – Call: 116 123 [https://www.samaritans.org](https://www.samaritans.org/)
* NHS <https://111.nhs.uk/> call: 111
* Family Lives: <http://www.familylives.org.uk/> Call: 0808 800 2222
* NSPCC: Adult helpline: 0808 800 5000, Under 18: 0800 1111 [https://www.nspcc.org.uk](https://www.nspcc.org.uk/)
* NHS Wellbeing Self-assessment tool: <http://www.nhs.uk/Tools/Pages/Wellbeing-self-assessment.aspx>
* Teacher Support: <http://www.teachersupport.info/get-support/phone> (Phone, email)
* Young Minds: <http://www.youngminds.org.uk/>
* Mind: <http://www.mind.org.uk/>