NSPCC Helpline 0800 1111

<https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/>

Childline

<https://www.childline.org.uk/>

CEOP (Child Exploitation and Online Protection)

<https://www.ceop.police.uk/safety-centre/>

Knowsley Food Banks

<https://www.trusselltrust.org/get-help/find-a-foodbank/knowsley/>

MASH (Multi Agency Safeguarding Hub) 0151 443 2600

Some families may be finding it stressful and harder to cope during these difficult times. We don’t want people to struggle and we have a team of staff who can talk you through any issues and offer you some advice and guidance.

Contact the Freephone helpline on **0800 073 0043** and ask for your information to be passed onto the Early Help Hub and one of our staff will call you back.