

Where can I get help or advice?

Worried about the safety of a child?

MARU Multi Agency Referral Unit – Website:
www.supportincornwall.org.uk Tel: 0300 1231 116

Early intervention support?

Early Help Hub – Website: www.cornwall.gov.uk/earlyhelp Tel: 01872 322277

Domestic Abuse?

Refuge – www.nationaldahelpline.org.uk Tel: 0808 2000 247

Womens Aid – www.womensaid.org.uk

Victim Support – www.victimsupport.org.uk/crime-info/types-crime-domestic-abuse Tel 0808 16 89 111

Mental Health?

CAMHS Child and Adolescent Mental Health –
www.cornwallft.nhs.uk/camhs Tel: 01736 571070

CALM Campaign against Living Miserably –
www.thecalmzone.net Tel 0800 585858

YoungMinds – www.youngminds.org.uk Tel: 0808 802 5544

Heads Up Young People Cornwall – www.youngpeoplecornwall.org Tel
01872 222447

Bereavement?

Penhaligons Friends – www.penhaligonsfriends.org.uk Tel: 01209 210624

Drugs?

Frank – www.talktofrank.com Tel: 0300 123 6600

Online Safety

NSPCC – www.nspcc.org.uk/keeping-children-safe/online-safety