

## **Wellbeing Contacts**

### **Samaritans**

The Samaritans offer someone to talk to no matter what the issue is.

[If you're having a difficult time | Samaritans](#)

They also have a page on their website which has links to other organisations that may be able to help you with specific issues.

[Other sources of help | Samaritans](#)

### **Christians Against Poverty**

Christians Against Poverty provide free professional debt help

[CAP UK | About us](#)

### **NSPCC**

The NSPCC provide support to children and families and also support professionals who are struggling following dealing with a safeguarding disclosure

[NSPCC | The UK children's charity | NSPCC](#)

### **Burton Mind**

Mind are the leading mental health charity in England and Wales and offer support and counselling to those who need help with their mental health

[Mental health | Burton and District Mind \(burtonmind.co.uk\)](#)

### **East Staffordshire Family Support (Harvey Girls, Dads4Dads)**

Free confidential and non-judgemental family support

[East Staffordshire Family Support Service | Free and non-judgemental whole family support for families in East Staffordshire](#)

## **Foodbanks local to DE13 0AR**

[Find a Food Bank - The Trussell Trust](#)