

## Alcohol and Substance Misuse

Inclusion Service provides interventions for anyone aged 18 years or over who are using drugs and/ or alcohol or experiencing issues associated with them – Self referral

0300 124 0103 option 8

## Benefits

Benefits Calculator – Check what you are entitled to re tax credits, universal credit, housing benefit

[www.entitledto.co.uk](http://www.entitledto.co.uk)

## Bereavement and Loss

Cruse - Adults and Children

01264 336006 or email [andover@cruse.org.uk](mailto:andover@cruse.org.uk)

Simon says – local charity for children, offer support groups. Information and resources

[www.simonsays.org.uk](http://www.simonsays.org.uk)

Support line – 02380 647550

## Counselling and Emotional Well being

italk - self referral. 1:1 support, group support and CBT online

[www.italk.org.uk](http://www.italk.org.uk)

023 8038 3920

Eating disorders

[www.beatingdisorders.org.uk](http://www.beatingdisorders.org.uk)

Rape and Sexual Abuse

[www.rasac.org.uk](http://www.rasac.org.uk)

01962 868688

## Child Protection

If you are concerned about a child outside of school. In school, please report to DSL

NSPCC – can be anonymous referral – [www.nspcc.org.uk](http://www.nspcc.org.uk)

0800 800 5000

Hampshire Children Services

0300 555 1384

## Child Support Services

Young minds – Mental Health

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Childline – range of support

0800 1111

CAMHS- Child Mental Health – 0300 304 0050

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

## Debt and Money Management

Free advice available from

Step change

[www.stepchange.org](http://www.stepchange.org)

Christians against poverty

[www.capuk.org](http://www.capuk.org)

Citizens Advice Bureau

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### Domestic Abuse

Andover Crisis and Support centre –  
offer telephone and drop in support

01264 366122

IDASH – local support

[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)

03300 165112

### Food Bank

#### **Andover foodbank**

St John the Baptist RC Church  
Alexandra Road  
Andover SP10 3AD  
T 01264 362111  
[www.andoverfoodbank.org.uk](http://www.andoverfoodbank.org.uk)

### Mental Health and Crisis Support

Samaritans – available 24/7

Free phone 116 123

Andover Mind – adults and children  
11yrs and over

### Parenting Support

Parenting Support including advice  
and resources

[www.familylinks.org.uk](http://www.familylinks.org.uk)

### Police

101 if not emergency  
Online form available, which can  
be anonymous

[www.hampshre.police.uk](http://www.hampshre.police.uk)

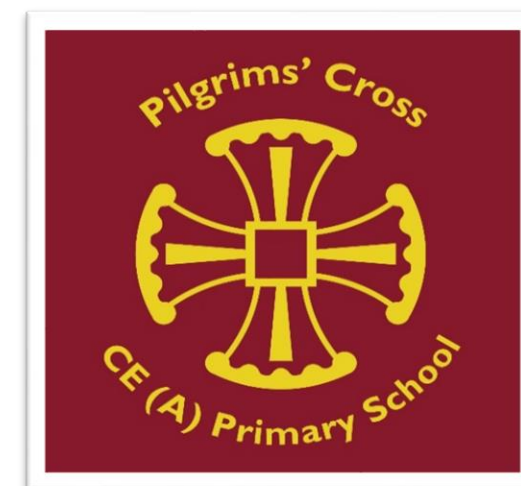
Local PCSO – Jordan Harvey

### Relationship Support

[www.relate.org.uk](http://www.relate.org.uk)

### Victim Support

[www.victimssupport.org.uk](http://www.victimssupport.org.uk)



Support Services  
Information for  
Adults and Children