

WHERE CAN I SHARE INFORMATION ABOUT WHAT HAPPENED OR MY FEAR OF CRIME?

Victim Support 24 hour helpline: Call 0808 1689 111.

Dedicated **Police** phone line for witnesses or people with information: Call 01752 487880.

Victim Care Unit, Devon and Cornwall Police: Call 01392 475900 open 7 days a week. Email VictimCareUnit@dc.police.uk

WHAT OTHER SUPPORT IS THERE ONLINE IF I DON'T WANT TO TALK TO SOMEONE YET?

Jeremiah's Journey: www.jeremiahsjourney.org.uk/ideas-to-support-your-child-following-recent-events/

Kooth: Online mental health support for young people aged 11-19
www.kooth.com

Childline: www.childline.org.uk/getting-through-tough-time

Youngminds: Mental health support for young people
www.youngminds.org.uk

Health For Kids: www.healthforkids.co.uk/plymouth/

Health For Teens: www.healthforteens.co.uk/?location=Plymouth



A number of local community organisations are working together to support people in Keyham and wider Plymouth who have been affected by this tragic incident. We can provide support, reassurance or a listening ear based on your individual needs. This booklet provides a guide to the support available in the city, organisations who can listen, reassure you and offer the support you feel you may need.

For more information email plymouthtogether@plymouth.gov.uk
Coming soon www.plymouthtogether.co.uk

WHERE CAN I GO FIRST?

Victim Support is an independent charity that provides specialist practical help and emotional support to victims of all crime and major incidents across England and Wales. Anyone seeking help can contact the free 24/7 Supportline number on 0808 1689 111 or get in touch online at www.victimsupport.org.uk.

A range of tools to help people to cope and move forwards after crime can be found at www.mysupportspace.org.uk/moj. There is also a live webchat on the website, for those who do not want to talk on the phone.

I'M NOT SURE WHAT SUPPORT I NEED BUT I NEED SOME GENERAL ADVICE

Plymouth City Council: Call 01752 668000 option 0 for a dedicated response or email PlymouthTogether@plymouth.gov.uk

Advice Plymouth: Call 0300 3309 043 or visit www.adviceplymouth.org.uk

WHERE IN MY NEIGHBOURHOOD CAN I GO TO TALK TO SOMEONE?

There is currently a Reassurance Hub open 9am to 5pm, with staff from a range of partner organisations to help you at Ford Primary School, Cambridge Road, Ford, Plymouth PL2 1PU. It will remain open until Friday 27 Augus. After that a new location will be identified as the school will be preparing for the new term.

You are also very welcome at:

Jan Cutting Wellbeing Hub: Scott Business Park, Beacon Park Road, Plymouth PL2 2PQ. Call 01752 203670.

Wolseley Community Office: Unit 3 Wolseley Trust Business Park, Wolseley Close, Plymouth PL2 3BY. Call 01752 607449.

LARK Children's Centre: offer virtual and face to face support for families with children aged 0-5. LARK 01752 313293 (the Beacon) and Morice Town 01752 208660 (Charlotte Street).

Family Support Workers from the Council will be spending time in and around the community to talk to residents if they would like to speak to someone face to face but don't want to go into a building.

Barnardo's have local staff who can provide face to face or phone support for families. Call 01752 362320 from 9am to 4.30pm daily.

I WOULD LIKE TO TALK TO SOMEONE LOCAL ABOUT MY OR MY FAMILY'S MENTAL HEALTH

Livewell Southwest: Mental health support for adults and children. Call 0800 923 9323.

Livewell Southwest Plymouth Options: Support for people struggling with low level anxiety or depression. Available to those 16+, registered with a Plymouth GP. Call 01752 435419 or visit www.livewellsouthwest.co.uk/plymouth-options

The Samaritans: 116123 free from any phone, or call 0330 094 5717 (local call charges apply).

Giveusashout.org: TEXT FREE- 'SHOUT' TO 85258 This is a, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

The Zone (young people): Email enquiries@thezoneplymouth.co.uk or call 01752 206626. Young people can ask to be supported either in person or face to face by appointment.

Devon Mind: Mental Health for Adults. Call 01752 512280 visit www.devonmind.com or email admin@devonmind.com

CAN I SPEAK TO SOMEONE ABOUT HOUSING?

Plymouth Community Homes: Call 0800 230 6500 or email enquiries@plymouthcommunityhomes.co.uk

Alternatively visit www.facebook.com/PlymouthCommunityHomes

CAN I SPEAK TO SOMEONE ABOUT SUPPORT FROM CHILDREN'S OR ADULT SOCIAL CARE?

Plymouth City Council: Call 01752 668000 option 0 for a dedicated response.

CAN I GET HELP TO SUPPORT MY CHILDREN, PARTICULARLY WITH GRIEF AND LOSS?

Jeremiah's Journey: Helpline on 01752 424348 or email info@jeremiahsjourney.org.uk

Childline: Call 0800 1111.

CAN I SPEAK TO SOMEONE ABOUT MY CHILD'S HEALTH, DEVELOPMENT OR BEHAVIOUR?

You can contact the **Health Visiting or School Nursing Service**. Call 01752 434008 or email livewell.phnadminhub@nhs.net

Alternatively parents and young people can use **Livewell Southwest Chat Health:** a health visiting and school nursing text service for parents, carers and young people to confidentially ask for help about issues or make an appointment. Available Monday to Friday 9am to 5pm, excluding bank holidays. Out-of-hours, anyone messaging the service will be sent an automated message with advice on where to get help if their question is urgent.

- 0-5 years Parents Service. Call 07480 635188
- 5-10 years Parents Service. Call 07480 635189
- 11-19 years Young People's Service. Call 07480 635198

WHAT GROUPS AND SUPPORT ARE AVAILABLE IN MY NEIGHBOURHOOD?

Plymouth Octopus Project brings together voluntary and community organisations to connect with local people:

www.plymouthoctopus.org/keyham-support/

You can also visit the **Keyham Neighbourhood Watch** group at www.facebook.com/KeyhamNHW/

Keyham Green Places: 163 Renown St Keyham PL2 2DT. Call 01752 569340. There is access to the gardens as a reflective space. You can also access the Food Bank on Monday and Thursday 9am to 2pm. A trained counsellor will be available on Mondays from 10am to 3pm.