



## Where Can I get help or advice?

### Worried about the safety of a child

**MARU Multi Agency Referral Unit** - Website: [www.supportincornwall.org.uk](http://www.supportincornwall.org.uk) Tel: 0300 1231 116

### Early intervention support

**Early Help Hub** - Website: [www.cornwall.gov.uk/earlyhelp](http://www.cornwall.gov.uk/earlyhelp) Tel: 01872 322277

### Domestic Abuse

**Refuge** - [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) Tel: 0808 2000 247

**Womens Aid** - [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Victim Support** - [www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse](http://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](http://www.cornwallft.nhs.uk/camhs) Tel: 01736 571070

**CALM Campaign against Living Miserably** – [www.thecalmzone.net](http://www.thecalmzone.net) Tel: 0800 585858

**YoungMinds** – [www.youngminds.org.uk](http://www.youngminds.org.uk) Tel: 0808 802 5544

**Heads Up Young People Cornwall** – [www.youngpeoplecornwall.org](http://www.youngpeoplecornwall.org) Tel: 01872 222447

### Bereavement

**Penhaligons Friends** – [www.penhaligonsfriends.org.uk](http://www.penhaligonsfriends.org.uk) Tel: 01209 210624

### Drugs

**Frank** – [www.talktofrank.com](http://www.talktofrank.com) Tel: 0300 123 6600