

Thank you for emailing East Stour Primary School, these emails are not monitored throughout school holidays. If you have any concerns at all about a child's safety or wellbeing please call:

NSPCC 0808 800 5000 or email help@NSPCC.org.uk

It's free and you don't have to say who you are.

If you think a child is in immediate danger, please call the police on 999 straight away.

Ashford One Stop Shop

Domestic Abuse One Stop Shops offer free advice, information and support from a range of agencies all under one roof in order to help victims of domestic abuse. Domestic abuse can affect anyone, so if you are a man or a woman and would like to discuss your issues, you are welcome to attend.

Ashford One Stop every Tuesday 9.30am – 12.00pm. The Willow Centre, 24 Brookfield Rd, Ashford TN23 4EY. No appointment needed.

National Domestic Violence Helpline 0808 2000 247 (available 24 hours a day 365 days a year)

Kent and Medway Children and Young Peoples Mental Health Service provide a range of support services, to ensure your referral is directed correctly, please complete this form with as much detail as possible. This includes referrals for Autism and ADHD assessments. Note, we are not asking for additional forms to be uploaded at this time.

[Click to complete referral form](#)

If you are in a Crisis or require out of hours support, please call us on 0800 011 3474 to be directed to appropriate support.

Kent Urgent Mental Health Helpline

The helpline is a telephone service available to adults (aged 18 and over) in Kent who are concerned about their mental health, or the mental health of a friend or relative, and need urgent help. The number is **0800 783 9111**. This service is for members of the public who are not currently receiving care or treatment from KMPT.

You can call at any time of the day or night, any day of the week. You do not need an appointment and all calls are free

Please remember that the helpline is not an emergency service. If anyone has harmed themselves or is at risk of serious harm then please call 999.

Samaritans

Call the Samaritans for free on 116 123 for 24 hour support. They also offer support by email, letter and face-to-face.