



Service Six

Changing Lives • Creating Futures

19th March 2020

Dear Young Person or Parent,

In the light of the current coronavirus outbreak we have a duty of care to keep all our clients and staff safe and well. Therefore, we are suspending all non-urgent face to face meetings from Monday, 23rd March 2020 until further notice, at least till after the Easter Break.

We understand that this will be a difficult time for some young people, and we want to reassure you that our team is working hard to support young people and our communities in different ways. Support for children, young people, parents and families will be available via our helpline and social media channels:



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**If you worried about anything or
need to talk to someone,
please contact us on**

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219

Email: referrals@servicesix.co.uk

Facebook: Service Six @servicesix123 or @ClaudiaSSix

Twitter: @ServiceSix1

Instagram: @servicesix

LinkedIn: Service Six



Everything will be better soon, just keep believing!

Our social media will also have daily updates, information and strategies/ideas for managing our mental health during the weeks ahead.

We are exploring ways of virtual live-check-ins so please keep an eye on our social media for potential live-times to keep engaged during this isolating time.

Service Six will continue to accept referrals into the service; these will be picked up and responded to within our current resource via T: 01933 277520, M:07780 998905 or E:referrals@servicesix.co.uk.

If you are worried or concerned about anything or you just need to talk to someone, please get in touch with us so we can explore how we can help you during this present situation.

Alternatively, here are some other helpline numbers for you:

- TARGET/Service Six 07718 003219
- Young Minds (Parents) 0808 8025544
- Young Minds Crisis Messenger 85258
- NSPCC 0808 800 5000
- Childline 0800 1111
- CAMHS 0300 1111 022 (Option 1 and Option 1)
- SAMARITANS Samaritans.org: Freephone 116-123
- CALM (Campaign Against Living Miserably) for males/preventing male suicide: Freephone 0800 58 58 58 open 5pm – midnight (web chat also available)
- POPYRUS (Prevention of Young Suicide) Papyrus-uk.org: Freephone 0800 068 41 41
- CRUSE BEREAVEMENT CARE: 0800 808 1677
- Young People and bereavement www.hopeagain.org.uk
- YOUNG MINDS youngminds.org.uk
- THE MIX: themix.org.uk Emotional support helpline for under 25s 0808 808 4994 and 1-2-1 online chat

We understand that parents, carers and guardians may also need support sometimes, so alternatively please call:

- Family Lives: Freephone 24 hours 0808 800 2222 or view their website www.familylives.org.uk

We hope that you are all ok and managing in this new world. Keep safe and connected as we are stronger together.

Best Wishes



Claudia Slabon
Chief Executive