

### **Families in Focus**

Support for families for a range of areas including SEND, DLA, social and respite services

[helpline@fifessex.org.uk](mailto:helpline@fifessex.org.uk)

01245 353575

### **Motivated Minds**

Support with mental health and social wellbeing.

<https://motivated-minds.co.uk/>

### **Open Road**

Drug and alcohol recovery and support service

<https://www.openroad.org.uk/our-services/our-centres/basildon-centre/>

01268 531435

### **Essex COMPASS**

Domestic Abuse support

0330 333 7 444

<https://www.essexcompass.org.uk/how-can-we-help/>

### **Samaritans**

Emotional or mental health support – online or over the phone

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

116 123

Changing Pathways

### **Domestic abuse support in Basildon**

<https://changingpathways.org/>

### **Childline**

Confidential online or telephone support for children

<https://www.childline.org.uk/get-support/contacting-childline/>

0800 1111

### **Essex SEND AISS**

Support for parents of children with Special Educational Needs or Disabilities

<https://www.essexsendiass.co.uk/>

01245 204338