

# Well-Being Contact Details



If you are worried or concerned, **PLEASE** talk to a member of staff.

*A problem shared is a problem halved!*

Alternatively there are many organisations that can offer support:



## TALK TO US

If things are getting to you

**116 123** FREE  
This number is **FREE** to call round the clock

**SAMARITANS**

First for  
Wellbeing

Offer support with:

Weight management, emotional wellbeing, smoking, alcohol, housing support, employment & adult learning, financial support, social inclusion and more.

**Phone us: 0300 126 5000 (Mon to Fri, 8am - 6pm)**

If you would like to speak to a member of the clergy please speak to a member of the Senior Leadership Team who will be happy to arrange this or contact them directly.



### More handy contacts:

⇒ Cruse Bereavement Care  
Tel: 07772 428532 9am - 5pm Mon-Fri.  
Email: [northamptonshire@cruse.org.uk](mailto:northamptonshire@cruse.org.uk)

⇒ Citizens Advice Bureau  
Tel: 03444 889 629

⇒ Re:Store Food Bank  
Tel: 01604 328046



If you are experiencing domestic abuse, you don't have to suffer alone. Northamptonshire Sunflower Centre can provide you with advice and support to enable you to achieve safety.

If someone you know is suffering abuse, encourage them to access support, now:



**Call: 01604 888211**

**Email: [SunflowerCentre@northants.pnn.police.uk](mailto:SunflowerCentre@northants.pnn.police.uk)**

**Opening times: Monday to Friday 8am to 6pm.**

### Education Support Partnership

A **FREE** confidential helpline for school employees and their immediate family members. The service offers support for challenges such as:

- Family matters and relationships
- Drugs and alcohol
- Stress
- Work



**Free confidential helpline**  
**08000 562 561**

If you have a complaint about a member of staff, please contact the Head Teacher.

**[Head@thegoodshepherd.northants-ecl.gov.uk](mailto:Head@thegoodshepherd.northants-ecl.gov.uk)**

If the complaint is about the Head Teacher, contact the Chair of Governors, Jamie Bray via the clerk -  
**[emma@attinghameducation.co.uk](mailto:emma@attinghameducation.co.uk)**