

Activities that make you feel better

# THE HERD



Places or spaces that make you feel better

People you can talk to



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**ARTS COUNCIL  
ENGLAND**

## Further information and support

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**Cruse** Bereavement Support

Local child bereavement support  
[www.cruse.org.uk](http://www.cruse.org.uk)

**Local Hull Branch Helpline: 01482 966000**



Local child bereavement support groups  
<https://www.dovehouse.org.uk/children/>

**For referrals call: 01482 785745**

**Or 07890 630864**

**Or email: [children@dovehouse.org.uk](mailto:children@dovehouse.org.uk)**

**Child Bereavement UK**  
REBUILDING LIVES TOGETHER

Resources, videos and training at  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

**Professionals Helpline: 08000288840**

**camhs**  
CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Referrals and support in Hull  
<https://camhs.humber.nhs.uk/>  
**Emergency Referrals Hull: 01482 303688**

**SAMARITANS**

### Samaritans Helpline

If you need someone to talk to, they'll listen.  
They won't judge or tell you what to do

[www.samaritans.org](http://www.samaritans.org)

**Call: 116 123**

**email [jo@samaritans.org](mailto:jo@samaritans.org)**

**NSPCC**

### NSPCC Helpline

If you're concerned about a child

**Call: 0800 800 5000**

**NHS**  
**Humber Teaching**  
NHS Foundation Trust

### NHS Mental Health Advice and Support Line: 0800 138 0990

The Mental Health Advice and Support Line is available 24 hours a day for anyone in the Hull and East Riding of Yorkshire area who requires information, advice and support with their mental health.  
You can also contact this line if you are worried about family or friends who may be struggling with their mental health.

Hull 01482 240200  
[info@heyhound.org.uk](mailto:info@heyhound.org.uk)



Hull and East Yorkshire Mind

Mental health services

[www.heyhound.org.uk](http://www.heyhound.org.uk)

**Hull 01482 240200**

**[info@heyhound.org.uk](mailto:info@heyhound.org.uk)**

**THE HERD**

**HULL SLS**  
SCHOOLS LIBRARY SERVICE



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