

# Emergency Crisis Services

## Refuge 24-Hour Domestic Violence

### Helpline

Crisis line providing counselling, support and advice for women and children escaping domestic violence.

Call: 08705995443

## The Rape and Abuse Line

For anyone who has been affected by rape or abuse.

Call: 08088000123 (Answered by women)

Call: 08088000122 (Answered by men)  
7am-10pm

## LGBTQ + Community

Visit the website below for help and support within the LGBTQ+ community.

<https://www.stonewall.org.uk>

## Samaritans

A confidential 24 hour service providing emotional support to people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Call: 08457 909090

Email: [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

## Childline

Are you worried? Do you need to talk? Call childline on 0800111111. It is free and you don't have to tell them your name. They are there to talk all day and night. Or call NSPCC Child protection on 0800800500

## Female Genital Mutilation

There is help available throughout Warwickshire for people who are, or who may be at risk of female genital mutilation (FGM). Warwickshire Police have trained, specialist officers who can be contacted by calling the police on 101.



Budbrooke Medical Centre



# Young Persons Handbook

Services, information and support for outside agencies.



## Signposts for Local Services

### ADHD & Autism Referrals

Budbrooke can refer you for an assessment for both ADHD & Autism. The secretarial team are able to refer you to services where they can then carry out the assessment. The secretarial team will contact you for a statement to go along with the referral

Contact reception to book an appointment

For support from  
Warwickshire  
Young Carers  
01926 963 940

### Young Carers

Do you help look after someone?  
Warwickshire Young Carerswork with young carers from the age of 6 upwards, and aim to help make a difference to their lives.  
[www.warwickshireyoungcarers.org.uk](http://www.warwickshireyoungcarers.org.uk)

### Young Pregnancy

Are you under 20 years old and expecting your first baby?  
You could join a voluntary programme and receive regular home visits to support you by specialist nurses. Call Deb on 07808763319

Ask your GP,  
Midwife of  
Contact Deb  
at South Team.

### Improving Access to Psychological Therapy (IAPT)

#### Over 16's

This is a service for people who are feeling stressed, anxious, low in mood or depressed. You will be able to talk in confidence about your concerns on the phone or in person. If you are under 16 please discuss first with a doctor. To book your initial appointment please call 02476671090

### Sexual Assault Referral Centre

The Blue Sky Centre is based at the George Eliot Hospital in Nuneaton. You will feel safe and supported and your immediate medical needs will be met. You can also contact this centre if you are at risk of female genital mutilation. ((FGM)).

Call 02476865505 to contact the centre. They are available 24/7 for any age and gender.

### Warwickshire Sexual Health Clinics

Please call the Sexual Health hub on 03001236644 for bookings. For sexual health testing to your door please use the link to order a kit—  
[www.sexualhealthwarwickshire.nhs.uk](http://www.sexualhealthwarwickshire.nhs.uk)

You are able to go to your nearest pharmacy for emergency contraception.

Visit the website for more information on the clinic times.