


IT'S OK TO ASK FOR HELP..



#PlymouthTogether

A number of local community organisations are working together to support people in Keyham and wider Plymouth who have been affected by this tragic incident. We can provide support, reassurance or a listening ear based on your individual needs. This booklet provides a guide to the support available in the city, organisations who can listen, reassure you and offer the support you feel you may need.

WHERE CAN I GO FIRST?

Victim Support is an independent charity that provides specialist practical help and emotional support to victims of all crime and major incidents across England and Wales.

Anyone seeking help can contact the free **24/7 Supportline number** on 0808 1689 111 or get in touch online at www.victimsupport.org.uk. A range of tools to help people to cope and move forwards after crime can be found at www.mysupportspace.org.uk/moj

I'M NOT SURE WHAT SUPPORT I NEED BUT I NEED SOME GENERAL ADVICE

Plymouth City Council: 01752 668000 option 0 for a dedicated response

Advice Plymouth: 0300 3309 043 www.adviceplymouth.org.uk

WHERE IN MY NEIGHBOURHOOD CAN I GO TO TALK TO SOMEONE?

Until at least Friday this week there are two Reassurance Hubs which are open 9am to 5pm, with staff from a range of partner organisations to help you:

- **St Mark's Church:** 1 Sanctuary Close, Ford, Plymouth PL2 1EN
- **Ford Primary School:** Cambridge Road, Ford, Plymouth PL2 1PU

You are also very welcome at:

Jan Cutting Wellbeing Hub: Scott Business Park, Beacon Park Road, Plymouth PL2 2PQ - 01752 203670

Wolseley Community Office: Unit 3 Wolseley Trust Business Park, Wolseley Close, Plymouth PL2 3BY - 01752 607449

LARK Children's Centre: offer virtual and face to face support for families with children aged 0-5. LARK 01752 313293 (the Beacon) and Morice Town 01752 208660 (Charlotte Street)

Family Support Workers from the Council will be spending time in and around the community, to be available to talk to residents if they would like to speak to someone face to face but don't want to go into a building.

Barnardo's have local staff who can provide face to face or phone support for families. Call 01752 362320 from 9am to 4.30pm daily

I WOULD LIKE TO TALK TO SOMEONE LOCAL ABOUT MY OR MY FAMILY'S MENTAL HEALTH

Livewell Southwest: Mental health support for adults and children: 0800 923 9323

The Samaritans: 116123 free from any phone, or 0330 094 5717 (local call charges apply)

The Zone: You can email enquiries@thezoneplymouth.co.uk or call 01752 206626. Young people can ask to be supported either in person or face to face by appointment

CAN I SPEAK TO SOMEONE ABOUT SUPPORT FROM CHILDREN'S OR ADULT SOCIAL CARE?

Plymouth City Council: 01752 668000 option 0 for a dedicated response

CAN I GET HELP TO SUPPORT MY CHILDREN, PARTICULARLY WITH GRIEF AND LOSS?

Jeremiah's Journey: Helpline on 01752 424348 or email info@jeremiahsjourney.org.uk

Childline: 0800 1111

WHAT GROUPS AND SUPPORT ARE AVAILABLE IN MY NEIGHBOURHOOD?

Plymouth Octopus Project brings together voluntary and community organisations to connect with local people: www.plymouthoctopus.org/keyham-support/

WHERE CAN I SHARE INFORMATION ABOUT WHAT HAPPENED OR MY FEAR OF CRIME?

Victim Support 24 hour helpline: 0808 1689 111

Dedicated **Police** phone line for witnesses or people with information:
01752 487880

WHAT OTHER SUPPORT IS THERE ONLINE IF I DON'T WANT TO TALK TO SOMEONE YET?

Jeremiah's Journey: www.jeremiahsjourney.org.uk/ideas-to-support-your-child-following-recent-events/

Kooth: Online mental health support for young people aged 11-19:
www.kooth.com

Childline: www.childline.org.uk/getting-through-tough-time

Youngminds: Mental health support for young people:
www.youngminds.org.uk



Devon & Cornwall Police

Livewell
Southwest



PCC
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and Crime Commissioner
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