**Services and organisations who could help**

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| **Organisation** | **What they do** | **Contact details** |
| Andy’s Man Club | Peer to Peer support group for men | [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk) |
| Big Local | Help, information, support | 01482 702390  hello@greatfield.org.uk |
| British Red Cross | Free and confidential support in 200 languages  Daily support, 10am-6pm | 08081963651 |
| Building Better Opportunities | Free personalised programme which supports those 25 or older to overcome barriers to accessing employment, education/ Training | 01482 612736  [BBO@hullcc.gov.uk](mailto:BBO@hullcc.gov.uk) |
| CAMHS-  Child and Adolescents Mental Health Services | Mental health service which works with children and young people | 01482 303810  Coltman Avenue Clinic  Coltman Avenue, Beverley HU17 9LP |
| Citizen Advice-  A network of independent charities throughout the UK who offer advice | Offer free, independent confidential welfare and legal advice to residents of Hull about: debt, welfare benefits, support for veterans, community care, immigration, housing, employment. | 0344 411 1444  [e-advice@hull-eastridingcab.org.uk](mailto:e-advice@hull-eastridingcab.org.uk)  The Wilson Centre 1 Alfred Gelder Street, City Of Kingston-Upon-Hull HU1 2AG |
| Connect Well-  Free Confidential Service | Offers advice and help to access support on a range of issues: linking with community, money advice, support with emotional or physical conditions and getting active. | 01482 217 670  [enquiries@connectwellhull.org.uk](mailto:enquiries@connectwellhull.org.uk)  The Wilson Centre Alfred Gelder Street Hull HU1 2AG. T:  01482 217670 |
| DAP | Support and advice about domestic abuse for women | 01482 318759 |
| DAP Male Victim Support | Support and Advice domestic abuse for men | 01482 613978 |
| Early Help | Family Support and Advice | 01482 708 953 |
| EMS –  Environmental Management Solutions | Community shop, low priced food, £2 ready meals, food parcels | 01482 709810  [info@emsyorkshire.co.uk](mailto:info@emsyorkshire.co.uk)  Unit E Preston Road village Centre. HU9 3QB |
| HENRY-  Healthy Families Programme | Free, support, activities, ages 0-5 | 079260 75653  healthlifestyleteam@hullcc.gov.uk |
| House of Light | Support/ Counselling for Antenatal/ Postnatal Depression & Anxiety | 07854 220790  Helpline: 0800 043 2031  [help@pndsupport.co.uk](mailto:help@pndsupport.co.uk) |
| How are you feeling-  HeadStart Hull | Emotional support for children/ young people, Play Rangers, Peer Mentors, Group Work, Counselling | 01482 615707  [headstarthull@hullcc.gov.uk](mailto:headstarthull@hullcc.gov.uk) |
| Hull Homeless Community Project | Help finding shelter, advice, financial Assistance, mental/physical Health support, Family Support | +44 (0)1482 231278  [INFO@HULLHOMELESS.CO.UK](mailto:INFO@HULLHOMELESS.CO.UK) |
| KIDS/ SEND-  Special Educational Needs and Disability | Information, advice, family support, learning programmes, play and social Sessions and Support for disabled children and their family | 0148 246 7540  [louise.marrow@kids.org.uk](mailto:louise.marrow@kids.org.uk)  182 Chanterlands Avenue, Hull HU5 4DJ |
| Let’s Talk-  City Health Care Partnership CIC | Depression & anxiety services, support and guidance for anyone struggling | 01482 247111  [chcp.webenquiries@nhs.net](mailto:chcp.webenquiries@nhs.net)  <http://www.letstalkhull.co.uk>  5 Beacon Way, Hull, HU3 4AE |
| Max Life Youth Project | Activities, holiday programmes, music/drama for young people | 07960 551572  [Maxlife.lindaloft@gmail.com](mailto:Maxlife.lindaloft@gmail.com) |
| Mind-  independent mental health charity | Provides advice and support to those suffering with mental health issues, including housing support | 01482 240200  [info@heymind.org.uk](mailto:info@heymind.org.uk)  Wellington House 108 Beverley Road, Hull HU3 1XA |
| Pause | Works with women who have experienced, or are at risk of, repeat removals of children from their care. | 01482 616056  [pause.admin@hullcc.gov.uk](mailto:pause.admin@hullcc.gov.uk) |
| PROBE | Job searches, CVs, job applications, interview skills | 07809 900740  [Sue.balthzar@employmenthouse.org](mailto:Sue.balthzar@employmenthouse.org) |
| Purple House/ WINNER | Information, support and advice to women, including safe affordable housing, accredited training, support for issues related to domestic abuse | 01482 790310  [info@purplehouse.org.uk](mailto:info@purplehouse.org.uk)  60-62 Preston Rd, Hull HU9 3RT |
| Refresh-  Confidential Support Service | For young people up to the age of 19 in Hull, who need support to make safer choices about drugs, alcohol, solvents or smoking. Advice can also be given to parents/carers/family | 01482 331059  [refresh@hullcc.gov.uk](mailto:refresh@hullcc.gov.uk)  Hull City Council, Kenworthy House, 98-104 George Street, Hull, East Yorkshire, HU1 3DT |
| Renew-  Support Service | Integrated Drug and alcohol service to support Adults within Hull. | 01482 620013  Trafalgar House 41-45 Beverley Road, Hull HU3 1XH |
| Southcoates Primary | Foodbank | 01482 701407 (Sharon Jackson) |
| St Aidans Church | Help, guidance, Christian spiritual support | 01482 710100  rich@staidans.org.uk |
| St Hilda’s Church | Food, support, guidance | 07929733555 |
| St Stephen’s Neighbourhood Centre | Youth clubs, activities, life skills | 01482 781223  Jennie.mason@ssnc.org.uk |
| Step Change-  Debt Charity | Offer financial advice/management, debt advice | 0800 138 1111  <https://www.stepchange.org/> |
| Stop Smoking | Free Advice and Support | 0800 915 5959 |
| The Freedom Community Trust | The Freedom Centre community facility, library, computers, food, events, clubs, activities, information | 01482 710100  [freedomcentre@freedomcentre.info](mailto:freedomcentre@freedomcentre.info) |
| Us Mums | Pre and post-natal physical activity programme | 01482 708953  [UsMums@hullcc.gov.uk](mailto:UsMums@hullcc.gov.uk) |
| Warren-  Youth Project | Support and guidance, counselling, training, education, employability skills, creative expression, and activities for those 14-25 years | 01482 218115  [JJtatten@thewarren.org](mailto:JJtatten@thewarren.org)  The Warren Youth Project  47-49 Queens Dock Ave,  Hull, England  HU1 3DR |
| Women’s Aid | Safe accommodation, support to access legal and financial advice, providing a listening ear for women | 01482 446 099  enquiries@hullwomensaid.org  [www.hullwomensaid.org](http://www.hullwomensaid.org) |
| Young Minds | A children and young people’s mental health service | 020 7089 5050  <https://youngminds.org.uk/> |