

# My support network

Informational	Practical	Emotional
<p>When looking for information it's good to make sure we're accessing credible sources. Make a note of credible sources for you below.</p>	<p>You might need extra practical support right now. Is there anyone or anything that might help you with these tasks (e.g. food shopping)? Make a note of them below.</p>	<p>It's normal to feel like you need emotional support during challenging times. Make a note of people or organisations you can access for emotional support.</p>
<p>Who? UK Government guidance</p> <p>What? Information about restrictions</p> <p>How? <a href="http://www.gov.uk">www.gov.uk</a> or <a href="http://111.nhs.co.uk">111.nhs.co.uk</a></p>	<p>Who?</p> <p>What?</p> <p>How?</p>	<p>Who?</p> <p>What?</p> <p>How?</p>
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## Helpful organisations:

UK national domestic abuse helpline, telephone: **0808 2000 247**

Papyrus (prevention of young suicide), telephone: **0800 068 41 41**

Find a Food bank: [www.trusselltrust.org/get-help/find-a-foodbank/](http://www.trusselltrust.org/get-help/find-a-foodbank/)

Samaritans: email: [jo@samaritans.org](mailto:jo@samaritans.org) or telephone: **116 123**

Shout (for support in a crisis), text: **85258UK**

For international helplines visit: [www.befrienders.org](http://www.befrienders.org)