

# Help and Support for Your Family

- Do you need help with providing healthy food for your family and being more active?
- Are you worried about how you will pay your bills?
- Would you like help getting a job or to access some training?
- Are you worried about a child or adult, and are not sure how to help?
- Visit the webpages below to find out about all the support that is available to you in Coventry. Scan the QR codes or visit the websites below for more information.

## Cost of Living

If you're struggling financially or concerned about the future, getting help early can make a big difference. Lots of support is available from many different organisations to help you manage the cost of living pressures.



[Coventry.gov.uk/CostOfLiving](https://Coventry.gov.uk/CostOfLiving)

## Coventry Family Information Directory

You can access support in a range of areas, including childcare, health and wellbeing, activities for children and young people and much more. Browse through the different areas to find the best resource for you.



[Coventry.gov.uk/FID](https://Coventry.gov.uk/FID)

## Family Hubs

A Family Hub is a welcoming place where children, young people and families of all ages can seek help and support, and experience activities that enable your family to thrive. Find out more about the services open to you at your nearest family hub.



[Coventry.gov.uk/FamilyHubs](https://Coventry.gov.uk/FamilyHubs)

[Coventryfamilies.co.uk](https://Coventryfamilies.co.uk)

## Digital Access and Skills

#CovConnects aims to give all Coventry residents equal opportunities to access digital technologies and services. Find out more about how we can help you on your digital journey and where you can go in your area to access free digital support.



[Coventry.gov.uk/Cov-Connects](https://Coventry.gov.uk/Cov-Connects)

## Kooth

Kooth is a FREE online service offering emotional and mental support for children and young people.

[kooth.com](https://kooth.com)



## Useful Numbers

**Safeguarding and Wellbeing Emergency Duty Team** – 024 7683 2222 – open after 5pm. If you're worried about the safety of a child or adult.

**Rise Mental Health and Emotional Wellbeing Service** 0300 200 2021 – open between 8am and 8pm

**Rise 24/7 Crisis Hotline** – 0808 196 6798 (option 2) - for urgent calls for children and young people who are experiencing a mental health crisis.

## Domestic Abuse and Sexual Violence

Safe to Talk – 0800 111 4998 - [www.safetotalk.org.uk](https://www.safetotalk.org.uk)  
Coventry Haven – 0800 111 4998 - [www.coventryhaven.co.uk](https://www.coventryhaven.co.uk)

**Adult Mental Health**  
Samaritans – 116 123 (FREE to call) - [www.samaritans.org](https://www.samaritans.org)

**Employment and Training**  
The Job Shop – 024 7678 5740 - [www.coventry.gov.uk/jobshop](https://www.coventry.gov.uk/jobshop)

**For adults seeking support with mental health issues**  
NHS Talking Therapies - 024 7667 1090 - Mon- Fri 9.00- 4.30 - [www.talkingtherapies.covwarkpt.nhs.uk/self-referral](https://www.talkingtherapies.covwarkpt.nhs.uk/self-referral)