

### Is the issue drug abuse?

Illegal drugs can be dangerous & can be cut with anything. If there is a bad reaction, call an ambulance on 999.

Discuss your addiction with your GP initially.

#### Tackling addiction:

[IoW Inclusion inclusioniw@mpft.nhs.uk](mailto:inclusioniw@mpft.nhs.uk) 526654

Advice & addiction [www.talktofrank.com](http://www.talktofrank.com) 0300 123 6600

Narcotics Anonymous [ukna.org](http://ukna.org) 0300 999 1212

[NHS Living Well](http://NHS Living Well)

[www.beatingaddictions.co.uk](http://www.beatingaddictions.co.uk) (online only)

[www.m-alliance.org](http://www.m-alliance.org) (online only)

[www.turning-point.co.uk](http://www.turning-point.co.uk)

Over the counter addiction [over-count.weebly.com](http://over-count.weebly.com) 07454 867 539

There are private de-rehab clinics on the Island & elsewhere, but they can be expensive. Discuss your options with your GP & family.

#### Drugs advice:

[www.release.org.uk](http://www.release.org.uk) 020 7324 2989 [ask@release.org.uk](mailto:ask@release.org.uk)

#### Support for your family:

[www.reboundgroup.org](http://www.reboundgroup.org) 07939 580167

[www.parentsupportlink.org.uk](http://www.parentsupportlink.org.uk) 023 8039 9764 (24hrs)

Directory of local support agencies [www.adfam.org.uk](http://www.adfam.org.uk)

### Is the issue alcohol?

Sudden immediate withdrawal can be dangerous.

Discuss your alcohol abuse with your GP.

#### Tackling addiction to alcohol:

[IoW Inclusion inclusioniw@mpft.nhs.uk](mailto:inclusioniw@mpft.nhs.uk) 526654

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) 08009177650 [help@aamail.org](mailto:help@aamail.org)

[NHS Living Well](http://NHS Living Well)

#### Support for your family:

For children [www.nacoa.org.uk](http://www.nacoa.org.uk) 0800 358 3456

[www.reboundgroup.org](http://www.reboundgroup.org) 07939 580167

[www.parentsupportlink.org.uk](http://www.parentsupportlink.org.uk) 023 8039 9764 (24hrs)

Directory of local support agencies [www.adfam.org.uk](http://www.adfam.org.uk)

### Is the issue gambling?

List of local support on [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

[www.gamcare.org.uk](http://www.gamcare.org.uk) 0808 8020 133 & [www.begambleaware.org](http://www.begambleaware.org)

### Is the issue compulsive buying disorder (shopaholic)?

Change your routine, do not shop with a friend who encourages you to spend, hide devices you shop online with, occupy your mind with an inexpensive new hobby, like the gym or walking. See your GP about CBT treatment or visit a private clinic.

### Is the issue bullying at school or online?

Talk to the school, give them feedback about progress.

[www.bullying.co.uk](http://www.bullying.co.uk) 0808 800 2222

[www.childline.org.uk](http://www.childline.org.uk) 0800 1111

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### Is the issue debt?

Do not act without advice, but act promptly.

[www.moneyadvice.org.uk](http://www.moneyadvice.org.uk) 0800 138 7777

[www.citizensadviceiw.org.uk](http://www.citizensadviceiw.org.uk) 03444 111 444

[www.nationaldebtline.org](http://www.nationaldebtline.org) 0808 800 4000

[www.debtsupporttrust.org.uk](http://www.debtsupporttrust.org.uk) 0800 085 0226

[www.businessdebtline.org](http://www.businessdebtline.org) 0800 197 6026

[www.stepchange.org](http://www.stepchange.org)

### Is the issue a learning disability?

[www.mencap.org.uk](http://www.mencap.org.uk) 0808 808 1111

### Is the issue being a victim of crime?

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) 0808 1689 111

[rapecrisis.org.uk](http://rapecrisis.org.uk) 0808 802 9999

### Is the issue bereavement?

[www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677

## Partnerships for complex issues



Many issues that harm communities do not require police, so knowing who to call for help is important and can minimise long-term harm to families & children.

*Produced by the Neighbourhood Watch Plus Project*

### Is the issue supporting someone 50+yrs old?

[www.ageukiw.org.uk](http://www.ageukiw.org.uk) 525282 [info@ageukiw.org.uk](mailto:info@ageukiw.org.uk)

### Is the issue parenting & relationships?

Parenting - [www.familylives.org.uk](http://www.familylives.org.uk) 0808 800 2222

Relationships - [www.relate.org.uk](http://www.relate.org.uk) 0300 003 0396

### Is the issue smoking?

See your GP, Visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

### Is the issue child abuse or neglect?

Child abuse & neglect are usually criminal matters for police, call 101 or 999 in an emergency.

Safeguarding 0300 300 0117, guidance on what amounts to abuse & neglect is at [www.iowscb.org.uk](http://www.iowscb.org.uk).

#### Support:

All aspects of child abuse & neglect - [www.nspcc.org.uk](http://www.nspcc.org.uk) 0808 800 5000, [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

#### Child sexual exploitation:

For information on, or to report online child sexual abuse [www.ceop.police.uk](http://www.ceop.police.uk)

For anyone concerned about offending, including a potential offender, or their family - Lucy Faithful Foundation

[www.stopitnow.org.uk](http://www.stopitnow.org.uk) 0808 1000 900, [www.lucyfaithfull.org.uk](http://www.lucyfaithfull.org.uk), [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

### Is the issue mental health, being in despair or rough sleepers & homelessness?

Access NHS services via GP referral. If in crisis, you may need to attend A & E. In extreme cases, police have powers to detain people in crisis who may harm themselves or others in public.

[Richmond Fellowship Newport](http://Richmond Fellowship Newport) - 0330 008 3886 (Day Service) | 0330 008 3888 (Safe Haven)

Anxiety - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) 03444 775 774, Depression - [www.depressionalliance.org](http://www.depressionalliance.org)

Bipolar - [www.bipolaruk.org](http://www.bipolaruk.org) 0333 323 3880 or email [info@bipolaruk.org](mailto:info@bipolaruk.org)

Men's health forum - [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk), Mental Health Foundation - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Wide range of mental health & addiction support - [www.mind.org.uk](http://www.mind.org.uk) 0300 123 3393 [info@mind.org.uk](mailto:info@mind.org.uk)

Panic attacks - [www.nopanic.org.uk](http://www.nopanic.org.uk) 0844 967 4848, youthline 0330 606 1174 [info@nopanic.org.uk](mailto:info@nopanic.org.uk)

OCD - [www.ocdaction.org.uk](http://www.ocdaction.org.uk) 0845 390 6232 or [www.ocduk.org](http://www.ocduk.org) 03332 127 890 [support@ocduk.org](mailto:support@ocduk.org)

Mental illness support - [www.rethink.org](http://www.rethink.org), mental illness & family support - [www.sane.org.uk](http://www.sane.org.uk) 0300 304 7000

Young people with mental illness - [youngminds.org.uk](http://youngminds.org.uk) 0808 802 5544

Eating disorders - [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) 0808 801 0677, youth 0808 801 0711, student 0808 801 0811

#### Suicide prevention:

Suicide prevention for young people - [papyrus-uk.org](http://papyrus-uk.org) 0800 068 4141 [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

CALM - Suicide prevention for men aged 15-50yrs [www.thecalmzone.net](http://www.thecalmzone.net) 0800 585858

For anyone contemplating suicide or in despair - [www.samaritans.org](http://www.samaritans.org) 116 123

#### Rough Sleepers & homelessness:

Notify via [www.streetlink.org.uk](http://www.streetlink.org.uk), advice on [council website](http://council website). Assistance from Salvation Army 20 Green Street Ryde & Pyle Street Newport, [Aspire Ryde](http://Aspire Ryde), Open Arms Ryde, [Carisbrooke Priory](http://Carisbrooke Priory), Local Area Co-ordinators, [Foodbank](http://Foodbank).