



## **Support for Families**

Penhaligons Friends

<https://penhaligonsfriends.org.uk/>

Action for Children

<https://www.actionforchildren.org.uk/>

Intercom Trust

<https://www.intercomtrust.org.uk/>

Headstart Cornwall Lockdown Support

<https://www.headstartkernow.org.uk/sec-sch-support/covid-19/space/>

Anna Freud Centre

<https://www.annafreud.org/>

Self-Harm Support

<https://www.selfharm.co.uk/>

NHS Self Harm help

<https://www.nhs.uk/conditions/self-harm/>

Cornwall Early Help Hub

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/parents/>

Drug and Alcohol Misuse Support

<https://www.wearewithyou.org.uk/>