

The Richmond Borough Mind Free Mental Health Helpline offers a confidential listening and support service for anyone over 18 years old living in the borough of Richmond upon Thames. They offer a safe place where you can speak to someone who will listen, offer you support and guide you to further help if needed. We all need emotional support, particularly during these difficult times. Feelings such as low mood, stress and anxiety can impact our mental health, and sometimes you just need to talk about it.

RB Mind listeners are trained mental health workers who listen with compassion and are non-judgemental. They will not ask for personal information unless you would like them to find immediate help from other services for you. They are available 7 days a week:

Monday to Friday: 9.00am to 10.00pm

Saturday: 2.00pm to 10.00pm

Sunday: 2.00pm to 8.00pm

The helpline is not a counselling service but they can advise you on counselling and talking therapies available through Richmond Borough Mind and The Richmond Wellbeing Service. Call now if you need someone to talk to - **020 3137 9590**.

Cruse Richmond's Bereavement Support Service has a strong, experienced group of volunteers, all having moved across to providing telephone and Zoom support, to new and existing clients. They can offer regular support to people within weeks of having registered with Cruse Richmond and are able to support families and children through bereavement. All volunteers undergo an extensive training programme and are experienced in providing emotional support to the bereaved - whenever and however that bereavement occurred. Leave a voicemail on **07495 777401** or email referrals@cruserichmonduponthames.org.uk. They will respond within 24 hours (not including weekends) to offer initial support and explain how to get regular telephone or Zoom support sessions with one of their volunteers.

Kingston Bereavement Service, and their Saying Goodbye Project for children experiencing bereavement is available to support adults, children and families, both with COVID 19 related loss, or any other. <https://www.kingstonbereavementservice.org.uk/>

Achieving for Children Richmond Children's Centres Private Facebook Group is running a number of Facebook Live events for children aged 0-5 and their families, including storytelling, cooking and dance. There are also links to lots of resources and support for parents of Early Years children. You can join the group at the [Achieving for Children Richmond Children's Centres private group page](#). Should you require any support or advice please email the Childrens Centres in confidence at northeastrcc@achievingforchildren.org.uk or westcc@achievingforchildren.org.uk.

Growbaby, a Kingston Charity, provides free baby clothing and equipment to anyone in need, regardless of their income, faith or background. Their support is also available in Richmond and at present they are the distribution point for formula baby food and nappies

and other practical support for early years children. Please do not hesitate to get in touch if you need help. You can self-refer by 'phone or text on **07900 212567** or email peterandnoni.farrelly@btinternet.com. www.growbaby.co.uk.

Child Safety Week runs from the 1-7 June and this year's theme is Safety makes Sense, with a focus on safety in the home and outdoor spaces during lockdown. There is an excellent parent pack with advice, simple graphics and activities, covering a range of topics including Safe from Burns, Prevent Poisoning and Free from Falls. A wide range of information and resources are available at www.capt.org.uk.

The **Daniel Spargo-Mabbs Foundation** focuses on drug and alcohol education to help young people to make wiser choices but their website offers links and information to a wider range of support and resources. They have also previously run podcasts and have recently held [Facebook Live sessions](#), where parents can get top tips and raise questions to help them look after their children. Visit the website [here](#).