



Neglect Summit - Support resources for professionals

Information on local support services across Northumberland available at: [Frontline | Home \(northumberlandfrontline.org.uk\)](http://northumberlandfrontline.org.uk)

NSPCC

- Information and support available for non-recent abuse : <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/non-recent-abuse/>

NAPAC (National Association for People Abused in Childhood)

- NAPAC (the National Association for People Abused in Childhood) offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.
- Confidential helpline available Monday to Thursday: 10am – 9pm, Friday: 10am – 6pm - **0808 801 0331**
- Resources available from the website <https://napac.org.uk/>

Support Line

- SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at-risk groups and victims of any form of abuse.
- Confidential helpline available - **01708 765200** Email: info@supportline.org.uk
- Resources available for survivors of abuse: <https://www.supportline.org.uk/problems/child-abuse-survivors/>

Personal Counselling Helpline

- This is a confidential service to any Northumberland County Council employee. The service is conducted over the telephone and can lead to a referral to our welfare officer if appropriate.
- Tel: **0117 934 2121** (Calls charged at national rates)

Talking Matters Northumberland

- Self-referral for talking therapy available via GP, Tel: **0300 3030 700**, or Email: tmn.info@nhs.net
- Resources available at <https://www.tmnorthumberland.org.uk/>

Samaritans - 116 123

- Samaritans works to make sure there is always someone there for anyone who needs someone.
- You can access confidential emotional support at any time from Samaritans by calling **116 123**.
- This service is available 24/7, 365 days of the year.
- Mobile and Telecom Plus.

CNTW Crisis Team - 0303 123 1146

- The Crisis Resolution and Home Treatment Team is a team of experienced mental health experts, which includes nurses, social workers, psychiatrists, and pharmacy staff. It offers assessment and home treatment for people over 16 experiencing a mental health crisis, as an alternative to hospital admission.
- For urgent or emergency referrals requiring a response within 24 hours please call: **0303 123 1146** or freephone **0800 652 2861** (24/7); for Deaf service users please text **07887 625 277**.

Useful websites for self-care:

Self-care tips and resources:

<https://www.rcn.org.uk/clinical-topics/public-health/self-care>

Resources for happiness and self-care, including a library and podcasts aimed to increase happiness in ourselves and society:

<https://actionforhappiness.org/>

CNTW Self Help Guides: <https://web.ntw.nhs.uk/selfhelp/>

Northumberland County Council Staff Health and Wellbeing Support:

<https://northumberland365.sharepoint.com/sites/HealthandWellbeing>

Apps for your phone for meditation and mindfulness:

- Calm
- Head space
- Feel Better by Deliciously Ella

Useful resources relating to trauma / working with trauma

Hope Daniels and Morag Livingston – Hackney Child: A true story of surviving poverty and the care system

Jenny Molloy - Neglected

Bessel Van Der Kolk – The body keeps the score

Johnny Matthew – Looking after No.1 <https://jonnymatthew.com/looking-after-no-1/>

Laura Van Dernoot Lipsky, Connie Burk, Jon R. Conte - Trauma stewardship: An everyday guide to caring for self while caring for others.

Dr. Dan Siegel is a clinical professor of psychiatry, and has authored several books on interpersonal neurobiology, the impact of developmental trauma on the brain, and how to work with traumatised children: <https://drdansiegel.com/books/>

Beacon House trauma resources: <https://beaconhouse.org.uk/resources/>

Trauma-Informed Social Work Practice article:

<https://www.cypnow.co.uk/research/article/trauma-informed-social-work-practice-practice-considerations-and-challenges>]

NHS Education for Scotland Trauma Informed Care resources:

https://transformingpsychologicaltrauma.scot/media/amqk3nrx/ned1334-national-trauma-training-programme-online-resources_0908.pdf

<https://transformingpsychologicaltrauma.scot/>