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# Contacts

## Local Contacts

### Walsall Family Information Service

For extra support call **01922 653383**

**walsallfis@walsall.gov.uk**

**Facebook: walsall families in the know**

## Child Protection

If you are worried about a child contact Walsall Safeguarding Children Board.

**01922 659529**

To report a concern **01922 658170**

## Walsall Children and Young People's Service Directory

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

[walsallfis@edu.walsall.gov.uk](mailto:walsallfis@edu.walsall.gov.uk)

**01922 653383**

## Children's Services

**01922 658170**

## Walsall breastfeeding

[www.walsallhealthcare.nhs.uk/breastfeeding](http://www.walsallhealthcare.nhs.uk/breastfeeding)

[healthywalsall.co.uk](http://healthywalsall.co.uk)

## 0-5 Healthy Child Programme

[www.walsallhealthcare.nhs.uk/health-visiting](http://www.walsallhealthcare.nhs.uk/health-visiting)

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## National contacts

### Allergy UK

01322 619 898

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

### Asthma UK

0300 222 5800

[www.asthma.org.uk](http://www.asthma.org.uk)

### Baby LifeCheck

[www.babylifecheck.co.uk](http://www.babylifecheck.co.uk)

### Child Accident Prevention Trust

020 7608 3828

[www.capt.org.uk](http://www.capt.org.uk)

### Cry-sis

08451 228 669

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

### Dental Helpline

0845 063 1188

### Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk)

### Family Lives

0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)

### Healthy Start

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### La Leche League GB

0845 120 2918 available 24 hours, 7 days a week.

[www.laleche.org.uk](http://www.laleche.org.uk)

### The Lullaby Trust

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

### Meningitis Now

0808 80 10 388

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

### National At-home Dad Network

Dad's views, chat, news and support.

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

**National Breastfeeding Network Helpline**

0300 100 0212, 9.30am-9.30pm

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

**National Childbirth Trust**

0300 330 0700 8am-10pm, 7 days a week

[www.nct.org.uk](http://www.nct.org.uk)

**National Domestic Violence Helpline**

0808 2000 247

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

**Netmums**

Parenting advice and information.

[www.netmums.com](http://www.netmums.com)

**NHS Information Service for Parents**

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

**Red Cross**

Information on CPR (kiss of life)

[www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk)

**Start4Life** Healthy tips

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

**Unicef**

[www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

**To find an NHS dentist**

Call **NHS 111** or visit [www.nhs.uk](http://www.nhs.uk)

<http://www.nhs.uk/smokefree>

Call 0300 123 1044 or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

NHS 111

If you think you need help urgently during the day or night you should call **NHS 111** before you go to any other health service. By calling **NHS 111** you will be directed straight away to the local service that can help you best. It is free to call, including from a mobile, and is available 24 hours a day, 365 days a year.

When should I call **NHS 111**?

- When you need help fast but it's not life threatening.
- When you think you need to go to A&E or another NHS urgent care service.

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- When it's outside of your GP's surgery hours.
  - When you do not know who to call for medical help.
  - If you do not have a local GP to call.

**Call 999 in an emergency**