



ASPIRE • SUCCEED • LEAD

**BRADFORD GIRLS'
GRAMMAR SCHOOL**

Co-educational up to 11, Girls only 11-16

Additional Support for Parents and Families

You can find local help on the [Money Advice Service website](#)

Citizens Advice Bureau: 0844 111 444. To find your local advice centre go to <http://www.divabradford.org.uk>

Housing advice: [The Housing Options Service](#) – housing advice: 01274 435999

[Samaritans](#): – call free 24 hours a day on 116 123

If you need support for your mental health, advice and support is available online at [My Wellbeing College](#).

Meal provision for the vulnerable or those in isolation in the Bradford district can be found at [Wellsprings Together](#).

[Bevan House](#): advice and support centre for the homeless and asylum seekers: 01274 322400

[National Domestic Violence Helpline](#): 0800 200 0247

Lone parent support: 0808 802 0925

[NHS 111](#): telephone 111

[NSPCC](#): 01274 769800

PALS: NHS patient advice and liaison service: 01274 364021 for Bradford Royal Infirmary or 01274 365853 for Airedale General Hospital

[Relate](#): relationship and individual counselling:
01274 726096

[Bradford Council's children's services](#): 01274 435600

[NHS search service](#): for help with finding a GP, dentist or hospital phone 111

[Shelter](#) for free confidential information, support and legal advice on all housing and homelessness issues tel: 0330 0536 083 (calls will be charged) [Free Webchat](#) is also available.