

East Riding

Useful contact information

Service	Telephone Number
Hull Ehash	448879
Out of Hours	300304
East Riding Ehash	395500
Out of Hours	01377 241273
Hessle Children's Centre	629085
Anlaby Children's Centre	565560
Cottingham Children's Centre	845636
Let's Talk Service	247111
Police Non Emergency	101
Hull & East Yorkshire MIND	01482 240200 Text: 07520 633447
The Samaritans	01482 323456
Childline	0800 1111
Child Adolescent and Mental Health Services	01482 303810 24hr Crisis: 01482 301701
Prevention of Young Suicide (Papyrus)	0800 068 41 41 Text: 07786209 697
The Calm Zone	0800 58 58 58
NHS advice number for medical issues	111