

Safeguarding during the Holidays

Please find below contact details and web addresses for organisations where help and advice can be sought if a student experiences problems over the summer holiday.



YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

- call the free parents' helpline on 0808 802 5544 from 9.30am to 4pm, Monday to Friday
- email parents@youngminds.org.uk and YoungMinds will respond to your query within 3 working days

The charity also has information for parents and carers about mental health.

It has an online 'Parents Guide To Support A-Z'. Web address:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. It also shows you where you can get help. It covers: Abuse, ADHD, Anger, Anxiety, Counselling, Depression, Divorce, Domestic Violence, Drugs, Eating Problems, Gender Identity, Grief and Loss, Legal Support, Parent Mental Illness, School Refusal, Self-esteem, Self-harm, Social Media.

If you are a young person looking for help and support:

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



Talk to us any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal.

The Samaritans can be contacted by phone on 116123 24 hours a day. If you prefer you can email, write a letter, or have a face to face conversation. Details can be accessed from the web site below:

[HTTP://WWW.SAMARITANS.ORG/ABOUT-US](http://www.samaritans.org/about-us)

NSPCC

This site provides a wide variety of advice and support for children and families:

Help for adults concerned about a child: Call on 0808 800 5000

Help for children and young people:



or contact via the web address: [HTTP://WWW.CHILDLINE.ORG.UK](http://www.childline.org.uk)

Childline *is yours* – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.



Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.

Free, safe and anonymous online support for young people

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

<https://kooth.com/>



As a parent or young person you can make an appointment to visit your GP to get help and advice about your health and wellbeing.

Find advice and support on the NHS website: <https://www.nhs.uk/>

You can look up services that provide mental health support for young people on the NHS website.

For more general advice, see our mental health hub, which includes advice about:

- talking to children about feelings
- spotting signs of depression in children and teenagers

Dealing with a mental health crisis or emergency

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

Do you think a crime has been committed? Your local police force will be able to help you.

[HTTP://WWW.POLICE.UK](http://www.police.uk)

Report Abuse



[HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE](https://www.ceop.police.uk/safety-centre)

CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here.



If you suspect or believe a child is suffering, or is likely to suffer, significant harm (including any form of mistreatment or abuse) you should ALWAYS report your concerns

In an emergency always dial 999

If there is no immediate danger to the child, or if you need some advice or information, you can contact the Children Services Customer Service Centre (CSC) on 01522 782111. If it is outside normal office hours you can contact the Emergency Duty Team (EDT) on 01522 782333

As mentioned in the 5th July Head's Letter, there are several updates to help parents and pupils navigate the world of social media and other online challenges.