

The South Wolds Academy & Sixth Form



It can be hard to know how young people are feeling and coping at present. This is a challenging time for many families; as parents you may want sources of information or support that you can use to boost the wellbeing of your child.

Here are the contact details of some of the **counselling and support services** available for **free: online, by phone, text, or e-mail.**

Childline - available 24/7 (For all mental health needs / concerns, help or advice) www.childline.org.uk

Tel: 08001111 (free)

Toolbox of games, advice videos and ways to deal with emotions: <https://www.childline.org.uk/toolbox/>
Calm zone for activities, breathing exercises and more: <https://www.childline.org.uk/toolbox/calm-zone/>



The Proud Trust - www.theproudtrust.org

the **PROUD TRUST**
...is the home of **LGBT+** youth
(**L**esbian. **G**ay. **B**isexual. **T**rans
+ other identities such as
asexual. intersex. questioning...)



Nottinghamshire Healthcare **NHS**
NHS Foundation Trust

Young people aged 11-19 can receive confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses. The service will allow young people in the area to send messages to a dedicated number which will be delivered to a secure website. Once there, texts will be responded to by the Healthy Family Team within one working day. Text number **07507 329952**

Information about local mental health services for young people in Nottinghamshire

The Healthy families team are an excellent source of support and one recommended to parents as a first point of call for help and advice.

Text line for students is 07507 329952 - 11-19 year olds

Tel: for students or parents - 0300 1233387 (option 4)
Number accessible from 1st February 2021

Healthy Family Teams provide parents and carers advice around child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.

CAMHS Crisis Resolution & Home Treatment

0-18 years

Who is this for?

Young people who are experiencing a mental health crisis such as those who are at risk of immediate and significant self-harm.

What do they offer?

Provide intensive support, determined at the point of assessment and reviewed on a daily basis, until the crisis is resolved or more appropriate services are identified to meet the current needs within a maximum of up to 6 weeks. The service operates 8am to 10pm during the week and 10am to 6pm at the weekend.

How can I access it?

For more information about the service and how to access please phone or visit the website.

Phone: 0115 854 2299 or 0115 844 0560

Website: nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

Base 51



SCAN ME

12 - 25yrs.

Who is this for?

Young people living within the South of the County who want to access emotional health and wellbeing services, including counselling and crisis drop-in sessions.

What do they offer?

1-1 Counselling sessions, crisis support and advice and guidance for a range of emotional health needs.

How can I access it?

Young people do not need a referral to access this service. For further information please phone, email or drop in.

Phone: 0115 952 5040

Email: counselling@base51.org.uk

Drop in: NGY 29-31 Castle Gate, Nottingham NG1 7AR
(Monday – Friday 9am – 8pm)

Kooth



11 - 24yrs

Who is this for?

Young people who want to talk to a mental health professional online, anonymously and free.

What do they offer?

Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. Counselling available 12pm – 10pm weekdays and 6pm-10pm weekends. Young people will also have access to message forums, articles and a range of self-help guidance.

How can I access it?

Young people can register directly through kooth.com



SCAN ME

Health for Teens & Health for Kids



SCAN ME

Who is this for?

Children and young people across Nottinghamshire who need more information about local services, advice and guidance.

What do they offer?

Bite sized information about health and wellbeing directing young people to the most appropriate local services and support.

How can I access it?

Direct access via:

Website: healthforteens.co.uk or www.healthforkids.co.uk

Safe Time



0 - 18yrs

Who is this for?

Young people aged 17 and under who are a victim/survivor of sexual exploitation or sexual abuse.

What do they offer?

Therapeutic support for young people to minimise the impact of the abuse on their emotional wellbeing and mental health and increase their resilience.

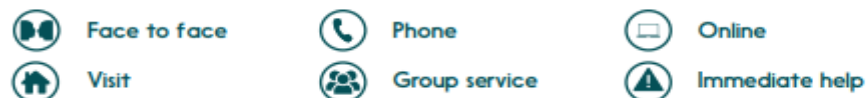
How can I access it?

Young people, parents/carers or professionals can refer via:

Phone: 0115 960 6975

Email: safetimeadmin@childrensociety.org.uk

KEY



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School contact details

If you have any safeguarding concerns or wish to report something you are aware of please email the Designated Safeguarding Lead, Matthew Simpson at msimpson@southwolds.notts.sch.uk or call the safeguarding line **07561 165970**. contact will be made with you as soon as possible during school hours.

Safeguarding is protecting children from maltreatment; preventing impairment of children's mental and physical health or development; ensuring that children grow up in circumstances consistent with the provision of safe and effective care; and taking action to enable all children to have the best outcomes.

For general wellbeing or engagement in learning concerns, please contact your child's Head of Year in the first instance.

Young Minds - youngminds.org.uk

Young Minds is the UK's leading charity fighting for children and *young* people's mental health

YOUNG Mi MINDS

Text: YM to 85258 (Free)

Samaritans - available 24/7



Call 116 123



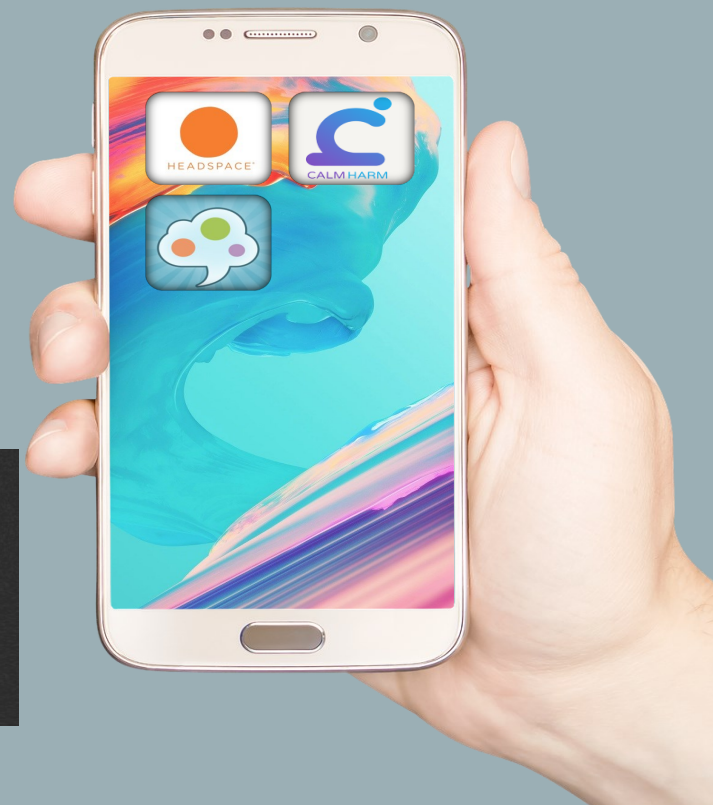
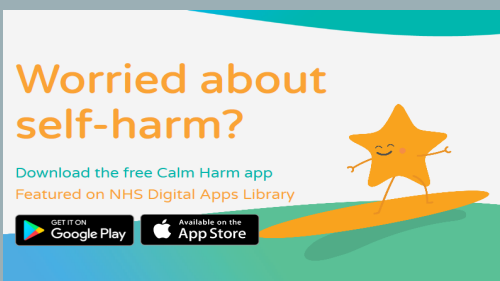
Write to us

Chris
Freepost RSRB-KKBY-CYJK
PO Box 9090
STIRLING FK8 2SA



jo@samaritans.org
Response time: 24 hours

Apps For Your Phone



Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

If you have concerns regarding your child's online activities please visit <https://www.thinkuknow.co.uk/parents>

To support parents and carers in keeping their children safe online while they are off school, thinkuknow have produced a helpsheet with advice and links to Thinkuknow resources

https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow_secondary_parents_helpsheet.pdf