

## Sources of support for families

Dear Families, here at Mowbray School we recognise that parents, carers and pupils can face challenges and difficulties in many areas of their lives. With this in mind we have collated some information about and support services in this area should you need to access advice or support over the Summer Holiday

Many children will be playing online over the holidays. Whilst the online world can be fun and informative it can also provide for concern and potential dangers. The key to keeping children safe online is to have regular conversations with your child about their digital world. Below is a list of some of the internet websites that can share advice and guidance to parents and internet users. These websites offer lots of support, ideas and advice about keeping children safe whilst gaming, setting parental controls and other resources to.

<https://www.internetmatters.org/>

<https://www.thinkuknow.co.uk/>

<https://saferinternet.org.uk/>

## Domestic Abuse

National Domestic Abuse Helpline, which is free to call on 0808 2000 247

<https://www.nationaldahelpline.org.uk/>

Men's Advice Line, which is free to call on 0808 8010 327

<https://mensadviceline.org.uk/>

Gallop, which is free to call on 0800 999 5428 for people from the LGBTQ+ community

<https://galop.org.uk/>

If you are struggling to provide food for your family, visit the link below to find details of your local food bank

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

For financial advice and support go to

<https://www.turn2us.org.uk/>

## **NYCC Children & Families Service: Early Help**

Should you wish to speak with your local NYC Children & Families Service: Early Help in relation to a child, young person or family who may require Early Help, contact:

**Early Help East (Scarborough, Whitby, Ryedale): 01609 534852**

**Early Help West (Harrogate, Craven, Knaresborough, Ripon): 01609 534842**

**Early Help Central (Hambleton, Richmondshire, Selby): 01609 534829**

## **CAMHS Crisis Service**

Where you have urgent concerns regarding a child or young person's mental health, please call CAMHS Crisis Service in the appropriate locality where you have a concern:

**North Allerton, Hambleton and Richmondshire:** TEWV All age Line:- 0800 0516171 (Option 2, then option 3), 7 days a week, 24 hours

**Harrogate, Knaresborough and Ripon:** TEWV All age Line:- 0800 0516171 (Option 2, the option 1), 7 days a week, 24 hours

**York and Selby:** TEWV All age Line:- 0800 0516171 (Option 2 then option 2 ), 7 days a week, 24 hours

**Scarborough, Whitby & Ryedale:** TEWV All age Line:- 0800 0516171 (Option 2 then option 4), 7 days a week, 24 hours

**Craven:** BDCT First response 08009521181 7 days a week, 24 hours

# Support for Mental Health difficulties during times of school closure

The Go To website - NHS site

<https://thegoto.org.uk/>

Child line

<https://www.childline.org.uk/>

Mind

<https://www.mind.org.uk/>

IAPT - Improving Access to Psychological Therapies

<https://northyorkshiretalkingtherapies.co.uk/>

Kooth - offers free, safe and anonymous support for 11-19 year olds online

<https://www.kooth.com/>



## Worried About a Child?

Where there are **significant immediate concerns about the safety of a child**, you should contact the police on **999**

Everyone has a responsibility to refer a child when it is believed or suspected that a child:

- ▶ Has suffered significant harm and /or;
- ▶ Is likely to suffer significant harm and/or;
- ▶ Has developmental and welfare needs which are likely only to be met through provision of family support services (with agreement of the child's parent/carer).
- ▶ **If you believe the situation is urgent** but does not require the police, please call **0300 131 2 131** to make a telephone contact.
- ▶ Should your call be outside of business hours (Monday - Friday / 9am-5pm) please still call **0300 131 2 131** to speak to the Emergency Duty Team.