

Mowbray Safeguarding Bulletin

May 2024 – Child and Young People and their emotional and mental health here at Mowbray school we recognise that this can be a real issue for some individuals. This bulletin is intended to offer some supportive information for those who require it.

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/>

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



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).
- ▶ **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.

Other resources include.....

<https://www.compass-uk.org/services/compass-phoenix/>

Mind.org.uk

Samaritans

North Yorkshire Talking Therapies -IAPT

Peer Talk

Rethink.org.uk

NHS 111

Childline call free on 0800 11 11

Always use 999 in an emergency



The Go To website is an amazing resource, which contains advice, guidance and information for children, young people, adults and professionals in relation to emotional and mental health.

<https://thegoto.org.uk/> for lots of further information and advice click on the link below

<https://thegoto.org.uk/mini-marketplace/> this is a document which provides an overview social and emotional health support for children and young people in North Yorkshire

Needs Based Guidance Document

The Needs Based Guidance for Social and Emotional Mental Health (SEMH) for Children and Young People in North Yorkshire.

[Download here >](#)



Easy Read Resources

For easy read advice and guidance when feeling sad or worried.

[Visit the Easy Read Resources page >](#)



Thinking of suicide? Need urgent help?

If you've injured yourself or taken an overdose please dial 999. To speak to someone urgently, please call ChildLine free on 0800 11 11.

[Visit Urgent Help page >](#)



What's in North Yorkshire for me?

Find out what support services are available for young people in North Yorkshire, from help at school to local drop-in centres.

[Visit What's in North Yorkshire for me? page >](#)



Top tips on feeling good

From why it's good to get sweaty, help with talking about your feelings or tips on feeding your brain, we've got it covered.

[Visit Top tips on feeling good page >](#)



Coping with common issues

Whether you're feeling stressed or sad, struggling with bullying, or worried about drinking and self-harm, we can help.

[Visit Coping with Common Issues page >](#)

