

Bowes Primary School



## Where to get support during school closures

### Emergency Contacts

Organisation	What do they offer?	Contact Details
Children's services	Emergency safeguarding	0208 379 2536 (Referrals)
Multi-Agency Safeguarding Hub (MASH)	Onward referrals to Early Help or Social Services	0208 379 5555
Samaritans	Crisis mental health support	116 123
Childline	Support for children and young people	0800 1111
National Centre for Domestic Violence	Providing emergency injunctions within two weeks of police involvements	0207 186 8270 0800 970 2070 (press option 1) <a href="http://www.ncdv.org.uk">www.ncdv.org.uk</a>
Solace	Domestic abuse helpline	0808 802 5565
Out of hours mental health support	Emergency mental health support. This service operates 24 hours a day	020 8702 3800
Crisis resolution Enfield	Intensive mental health care in people's homes	020 8702 3800
Child Law Advice	Advice on legal matters to do with child and family law Emails preferred due to COVID-19	0300 330 5480 <a href="http://www.childlawadvice.org.uk">www.childlawadvice.org.uk</a>

## COVID - 19 Specific Help

Organisation	What do they offer?	Contact Details
Young Minds	Great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus	<a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/</a>
Young Minds	The following Young Minds link addresses how to look after your mental health when self isolating	<a href="https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/">https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/</a>
Centre for Disease Control	Helpful messages on how to talk to children about coronavirus	<a href="http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>
Every Mind Matters	Provides general information about looking after your mental health which would be relevant during this challenging time and provides top tips to improve emotional wellbeing	<a href="https://www.nhs.uk/oneyou/every-mindmatters">https://www.nhs.uk/oneyou/every-mindmatters</a>
Mind	Provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice	<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing</a>
Video for parents	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ZnANLAcPRZ4&amp;feature=youtu.be">https://www.youtube.com/watch?v=ZnANLAcPRZ4&amp;feature=youtu.be</a> <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Video for children and young people	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ME5IZn4-BAk">https://www.youtube.com/watch?v=ME5IZn4-BAk</a> <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Lets Talk Improving Access to Psychological Therapies (IAPT)	Service designed to work with mild to moderate common mental illnesses, including depression and anxiety disorders	020 8342 3012 <a href="mailto:Lets-talk-enfield@nhs.net">Lets-talk-enfield@nhs.net</a>
Unicef	information regarding coronavirus	<a href="http://www.unicef.org/coronavirus/covid-19">www.unicef.org/coronavirus/covid-19</a>

## Mental Health Support

Organisation	What do they offer?	Contact Details
Enable	Specialist treatment anyone over the age of 18 living in Enfield who is worried about their alcohol or drug abuse	0208 379 6010
Mind	Mental Health Support	0300 123 3393
Young Minds	Parent helpline for children and adolescents with mental health issues	<a href="http://www.youngminds.org.uk/find-help/for-parents/parents-helpline/">www.youngminds.org.uk/find-help/for-parents/parents-helpline/</a> 0808 802 5544
Rethink/Give us a shout	Mental health support and advice - online, by phone and via text	Text 'SHOUT' TO 85258 <a href="http://www.giveusashout.org">www.giveusashout.org</a> <a href="http://www.rethink.org.uk">www.rethink.org.uk</a>
Community Support and Recovery Team	Treatment and support to people with common mental health issues such as anxiety, depression and schizophrenia, bipolar affective disorder, psychotic depression and other psychiatric disorder	58-60 Silver Street, Enfield, EN1 3EP Tel: 020 8379 414
Sane Line	Emotional support (via email only during Covid-19)	Email: <a href="mailto:support@sane.org.uk">support@sane.org.uk</a> 0300 304 7000 <a href="http://www.sane.org.uk">www.sane.org.uk</a>
Support Line	Emotional support for people who are vulnerable- available via e-mail currently	Email: <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a> 01708 765200 <a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
Campaign against living miserably (CALM)	Free and confidential helpline and webchat - 7 hours a day - 7 days a week for anyone who needs to talk about life's problems	0800 58 58 58

## Parenting Advice

Organisation	What do they offer?	Contact Details
Family Lives	Support and advice relating to all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.	Email: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> 0808 800 2222 <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
NSPCC	Information on advice on how to keep children safe, online safety and support for parents.	Helpline: 0808 800 5000 Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>  <a href="http://www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/">www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/</a>
Care for the family	Support and advice linked to relationships, parenting and bereavement.	Helpline: 029 2081 0800 <a href="http://www.careforthefamily.org.uk/family-life/parent-support">www.careforthefamily.org.uk/family-life/parent-support</a>
Action for children	Support and advice for parents on a range of topics and information on fostering and adoption. Things to do with your child at home during Covid-19	<a href="http://www.actionforchildren.org.uk/support-for-parents">www.actionforchildren.org.uk/support-for-parents</a>
Family based Solutions	Family based Solutions works with the whole family to end the abuse and repair family relationships.	020 8363 6262 <a href="mailto:admin@familybasedsolutions.org.uk">admin@familybasedsolutions.org.uk</a>