

Parent Post - December 2023



Welcome to our December Newsletter!

- It's been a brilliant term and we've enjoyed meeting and working with lots of professionals, families and young people. Keep an eye out for details of our Spring term provision for parents/carers on page 5. The 'Who's in Charge?' course will be running at three different times in Spring; morning, afternoon & evening. - further course details & booking links are available on page 6.

- We've included a list of places where kids eat free (or for £1) over the Christmas holiday - enjoy!

- We always offer a pre-holiday telephone/zoom consultation (15 minutes for any parents/carers that would like to have a chat with us) and there are still a few slots left for the session on Thurs 14th Dec - please see page 4 for details.

- Partner workshops & services are detailed from page 8 onwards.



Find us on FACEBOOK:
Welwyn Garden City & Hatfield Schools Partnership



- Please take a look at our website for details of help & support available:

<https://wgc-hatfield-schoolspartnerhip.com/>

Other Support Service Contacts are available via our website too.

We'll be back in the office on Thursday 4th January 2024.

Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk



Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk



Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

HATFIELD FOODBANK

MAIN LOCATION

Gracemead Church
Gracemead House,
Woods Avenue,
Hatfield,
AL10 8HX

Open Tuesdays

11:30am - 2pm

Car access is via Dellfield Road
Sat Nav use AL10 8EW

PHONE

07504 627359

WEBSITE

<https://hatfield.foodbank.org.uk>

EMAIL

info@hatfield.foodbank.org.uk



An eco-community on a mission to rescue food from landfill

Every week tonnes of fresh and edible food is thrown away by supermarkets in the UK as they clear older stock to make room for the new. Fresh fruit and vegetables, bakery products and store cupboard items which still have days and weeks of life remaining are destined for landfill, adding to the ever growing problem of CO2 emissions and climate change.

Food Rescue Hub rescues this food, crates and crates of it every week, and diverts it to fill tummies, not landfill. We make this food available to our ever-growing community of food rescuers who, like us, don't want to see perfectly good food go to waste. Everyone is welcome to bring their two empty bags and come and rescue food from our Hubs, and in doing so will be contributing to halting climate change.

WGC

TUESDAYS
9.30-11AM

ATTIMORE HALL PUB
WELWYN GDN CITY
AL7 2AD

HITCHIN

THURSDAYS
9.30-11AM

HALF MOON PUB
57 QUEEN STREET
HITCHIN SG4 9TZ

STEVENAGE

SATURDAYS
9.30-11AM

THE OLD RED LION PUB
HYDEAN WAY
STEVENAGE SG2 9XR

Pay-as-you-feel

Your donation towards your rescue is what keeps our project sustainable and which allows us to recover food for you to rescue. The suggested minimum donation of £5 for two bags of shopping per rescuer but of course any amount you can contribute is very gratefully received.

Pay-it-forward

We run a scheme which enables people to pay a donation in order for someone else who may need it, to get their rescue shopping for free. All donations welcome at our Hubs or via our website. Anyone is welcome to request a pay-it-forward voucher anytime, no questions asked.

PLACES WHERE KIDS EAT FREE (OR FOR £1) OVER THE CHRISTMAS HOLIDAYS 2023

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns



Telephone/Zoom Surgery

Thurs 14/12/2023 09:30 - 11:30

* A chance to discuss your concerns with one of our School Family Workers

* 15 minute time-slot allocated

Please go to this link to book:
<https://forms.office.com/e/gYSBazUdqB>

or click on the QR code on this page





Spring term 2024 courses



FOR PARENTS/CARERS

15th Jan:

**8-week Who's in Charge course
9:30-11:30am @ Oaklands School**

31st Jan:

**8-week Who's in Charge course
12:30-2:30pm @ Green Lanes School**

1st Feb:

**8-week Who's in Charge course
6:30-8:30pm @ Monk's Walk School**

27th & 28th Feb:

**Understanding Anxiety in Children course
12:30-2:30pm @ Panshanger Primary School**

[WGC & Hatfield Local Schools Partnership courses](#)





A FREE 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

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COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

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DATES: Mondays for 8 weeks from 15th Jan
(no session on 19th Feb)

DATES: Wednesdays from 31st January for 8 weeks
- no session on 21st Feb

TIME: 9:30-11:30am

TIME: 12:30-14:30

VENUE: Oaklands Primary School

VENUE: Green Lanes School

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS, THEN A FOLLOW UP SESSION AFTER A 2 MONTH BREAK.

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To book a place, please use the QR code or go to this link:
<https://forms.office.com/e/1NYDeXXSGx>

To book a place, please use the QR code or go to this link:
<https://forms.office.com/e/Hv5VjBXzCD>



COURSES FOR PARENTS/CARERS



A FREE 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

A FREE COURSE FOR PARENTS/CARERS

COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

UNDERSTANDING ANXIETY IN CHILDREN 2-DAY COURSE

TO HELP YOU SUPPORT CHILDREN AND YOUNG PEOPLE WHO MAY BE EXPERIENCING ANXIETY

DATES: Thursdays from 1st Feb for 8 weeks
(no session on 22nd Feb)

DATES: 27th & 28th Feb

TIME: 6:30-8:30pm

TIME: 12:30-2:30pm

VENUE: Monk's Walk School

VENUE: Panshanger Primary School

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS, THEN A FOLLOW UP SESSION AFTER A 2 MONTH BREAK.

TO UNDERSTAND THE CAUSES OF ANXIETY

- UNDERSTAND PHYSICAL SYMPTOMS AND HOW THEY MAY PRESENT IN CHILDREN
- STRATEGIES TO HELP A CHILD MANAGE THEIR STRESS AND BUILD RESILIENCE

To book a place, please use the QR code or go to this link:
<https://forms.office.com/e/eWDbqFdFT6>

To book a place, please use the QR code or go to:
<https://forms.office.com/e/mHLehRY4yV>



DECEMBER & XMAS HOLIDAYS ACTIVITIES



BOOKINGS:
www.potentialkids.org.uk/activities

POTENTIAL KIDS



Approved Education
Centre Delivering
Nationally Accredited
Qualifications

Learning, Social &
Communicational
Support for
everyone through
our inclusive
programmes



Opportunities for Duke
of Edinburgh or Work
Experience with PK

PK Hub & Garden



Always Connecting with our Community
and the most vulnerable



PK Offer
Tutoring
Teaching
Mentoring
Therapies
1:1 & Group Work
Alternative
provision
EOTAS



SUNDAY
1:1 Horse Riding
Groundworks/Care
Equine Therapy
Sessions

FRIDAY - Home
Education available

Danecroft Stables



PK Garden

Therapeutic
Gardening 1:1 &
Group Sessions
available

Date		Sessions	Time	Location
1st	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
2nd	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
6th	Wed	Bush Craft Club	12.30-14.00	PK Garden
7th	Thu	STEAM Home Education	10.30-12.30	PK Garden
8th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
8th	Fri	Parent/Carer Xmas Social Evening	19.30-22.00	PK Hub
13th	Wed	Bush Craft Club	12.30-14.00	PK Garden
14th	Thu	STEAM Home Education	10.30-12.30	PK Garden
14th	Thu	Trampolining	16.45-18.00	Gosling Sports
15th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
16th	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
19th	Wed	Bush Craft Club	12.30-14.00	PK Garden
21st	Thu	Christmas Party Age 4-12yrs	14.00-15.45	PK Hub
22nd	Fri	Christmas Party Age 4-12 yrs and 13+ yrs	16.00-17.45 18.00-17.45	PK Hub
28th	Thu	Trampolining	17.00-18.00	Gosling Sports
JAN 2nd	Tue	Fun Zone	19.00-20.45	Birchwood Leisure Center

Contact us for further information on any of our Activities or Educational Services at info@potentialkids.org





Find the support you need at the Families First Portal

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links



@FamFirstHerts



@famfirst

"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about my child's behaviour in school and at home"

"I'm worried about money"

"I need reassurance and support"

hertfordshire.gov.uk/familiesfirst



DSPL | Delivering Special Provision Locally

Achieving quality outcomes

PASSIONATE ABOUT SUPPORTING OUR LOCAL CHILDREN, YOUNG PEOPLE, FAMILIES AND SCHOOLS'

DSPL Area 5 (Welwyn and Hatfield) covers 32 primary schools, 5 secondary schools, 3 special schools and 3 nurseries.

ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

ChildLine: Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111. www.childline.org.uk

Samaritans: 116 123 free to call anytime any age about anything.

Papyrus: Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

Shout: Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. www.giveusashout.org

Young Minds: In urgent need text free 24/7 to 85258 www.youngminds.org.uk

NHS - Hertfordshire NHS Foundation Trust - Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line. Anytime, any age 0800 6444 101

ONLINE HELP

SANDBOX - Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

Stop. Breathe. Think. Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

With YOUTH (Mind Hertfordshire CYP)- children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

Big White Wall/Scape: On-line service for mild Mental Health issues for over 18's, 24/7 www.bigwhitewall.com

Stayalive.app - an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. www.stayalive.app

HELP LINES

Young Minds Helpline - 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. www.hertfordshiremindcyp.org

Just Talk - helping young people in Hertfordshire to talk about their mental health - www.justtalkherts.org

Health for Teens - advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. www.healthforteens.co.uk

Saneline: Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness - including family, friends and carers www.sane.org.uk Tel 0300 304 7000. Open from 4pm to 10pm.

The Mix: Under 25s Free information and support for mental health issues 0808 808 4994 www.themix.org.uk

Anxiety UK: Help and support for anxiety www.anxietyuk.org.uk

COUNSELLING

Contact your GP who can assess your needs and make a referral if appropriate.

NHS - Hertfordshire Partnership NHS Foundation Trust - SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 www.hpft.nhs.uk

Mind in Mid Herts: Over 16's counselling and group work 03303 208100 www.mindinmidherts.org.uk - covers Hertford, St Albans, Stevenage, and Hatfield

Talk in Herts - Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

The Counselling Foundation - St Albans Centre: 18-25 years self-referral, sliding scale charge between £5-£50, GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690 www.counsellingfoundation.org

School Counselling - please speak to your individual school, college & University.

Safe Space Counselling in Schools: The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.

OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

YCT – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abby, Stansted, Hoddesdon, Ware, Bishops Stortford, Stevenage, Letchworth 01279 414 090.

<https://yctsupport.com/>

Signpost Counselling offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495.

<https://oneymca.org/signpost>

Raphael House 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144.

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

Finding private counsellors:

ACP: Association of Child Psychotherapists
www.childpsychotherapy.org.uk

BACP: British Association of Counselling & Psychotherapy
www.itsgoodtotalk.org.uk/therapists

UKCP: UK Council for Psychotherapy
www.psychotherapy.org.uk

Counselling Directory:
www.counselling-directory.org.uk

**YOUTH
TALK**
We're listening

SPECIFIC HELP

The Ollie Foundation – suicide prevention (information and training)

www.theolliefoundation.org

Grief Encounter: Support with bereavement of a sibling/ parent 0808 802 0111

www.griefencounter.org.uk

CRUSE Support with bereavement 0808 808 1677

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

Winston's Wish – support with bereavement, children, and young people up to age of 35. 08088 020 021.

<https://www.winstonswish.org>

The WISH Centre (Harrow) 020 3137 9044, free service for young people for self-harm.

www.thewishcentre.org.uk

Young Carers in Hertfordshire – practical and emotional support to young people with caring responsibilities. www.ycih.org 01992 58 69 69

Herts Young Homeless – advice and practical support for 16-24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16-17-year-olds call 03003 230130 www.hyh.org.uk

FRANK Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300 123 6600

A-Dash: Help with drug/alcohol issues for under 18s
<https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

Spectrum: Help with drug/alcohol issues/recovery for over 18's in Hertfordshire
<https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

The Living Room: Daytime group therapy sessions for any addiction, 18+, 0300 365 0304
<https://www.livingroomherts.org/st-albans-huh>

Night Light Crisis Service: Over 18s, Fridays - Monday between 7pm - 2am - Out of hours mental health service 01923 256391
<https://www.stayalive.app/find-help-now/resources-by-area/england/hertfordshire/night-light-crisis-service-hertfordshire/>

Eating disorders: Support for anyone suffering from an eating disorder
www.beateatingdisorders.org.uk

First steps ED – 5-17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+)
www.firststepsed.co.uk

ADD-vance – support for ADHD and autism 01727 833963
<http://www.add-vance.org/>

Palms Hertfordshire – Positive behaviours, autism, learning disability and Mental health service. 01727 582122
<https://www.hct.nhs.uk/our-services/palms/>

Herts SARC – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net
www.hertssarc.org

Herts Domestic abuse Helpline. 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

National Domestic Abuse Helpline 0808 2000 247



Looking after your mental health and wellbeing

Information for Children and Young People

Websites

Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

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

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)

Apps / National websites

There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

Information, advice and guidance

Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website

<https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a text messaging service for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth

Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing yc@herfordshire.gov.uk or visit <https://www.ycherfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.

Further support

If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northessexiapt.nhs.uk/herfordshire> for more information about the service and to self refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) http://www.yctsupport.com/ Telephone 01279 414 090	Youth Talk (St Albans) http://youthtalk.org.uk/ Telephone 01727 888884
Rephael House (Welwyn and Hatfield) https://www.rephaelhouse.org.uk/ Telephone 020 8440 9144	Signpost (Watford and Hemel areas) http://signpostcounselling.co.uk/ Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

Already working with a Service?

If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

Need help now?

If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text **YM to 85258**

April 2021