

Support for Parents and Students during times of school closure – March / April / May 2020 (11.5.2020)

This is a list of support services that might be able to offer support / advice / guidance over the course of the next few months whilst the school may be closed and you have your child / children at home.

If you want support talking to your child about the coronavirus please follow these links for some guidance.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Mind website - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/> (probably better for older yp)

Young Minds website - <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/> (probably for younger children)

Organisations	Contact
GENERAL SAFEGUARDING CONCERNS	
<p>The School safeguarding team The school safeguarding team will still be receiving any concerns during school closure (term-time only) and will respond to both young people and parents/carers with any safeguarding matter. If the school is fully closed please use the email address.</p>	<p>Monday – Friday 8.30 – 3.30pm during term time only Phone 01273 304086 and ask to speak to the member of staff on duty for Child protection Email: cp@longhill.org.uk</p>
<p>Front door for families (Social Services) The service provides support, guidance and access to specialist targeted services for parents, carers, members of the public, young people and professionals. Anyone can refer a concern directly to 'Front Door For Families' by completing the online referral form.</p>	<p>Tel: 01273 290400 Out of hours: 01273 335905 (emergency duty service) Email: frontdoorforfamilies@brighton-hove.gov.uk Online referral form : https://www.brighton-hove.gov.uk/content/children-and-education/front-door-families</p>
FREE Counselling services	
<p>Our school counselling Service Dialogue counsellors will be offering phone support to student clients. This has been pre-arranged with students.</p>	
<p>CAMHS and Community Wellbeing Counselling Services: The hub for all mental health referrals for young people in Brighton and Hove</p>	<p>Online referral: https://www.brightonandhovewellbeing.org/children-and-young-people</p>
<p>E-Wellbeing - Online counselling for Brighton and Hove young people: Young people can self refer.</p>	<p>https://www.brightonandhovewellbeing.org/children-and-young-people</p>
<p>Our Primary Mental Health Worker If you have any concerns about your child's Emotional Mental Health and Wellbeing you are invited to talk to a Primary Mental Health Worker from the Schools Wellbeing Service.</p>	<p>SWSConsultationLine@brighton-hove.gov.uk Or call 01273-293481</p>
<p>YAC Youth Advice Centre, 11. St Georges Place, Brighton</p>	<p>Mon- Fri: Call: 01273 624432</p>

Drop-in hours are 3 – 6pm	E: yacservices@ymcadlg.org
ChildLine: Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.	Freephone 0800 1111 (24 hours) www.childline.org.uk
FINANCE	
Moneyworks A free city-wide advice line, providing free independent advice	Tel: 0800 988 7037 https://www.advicebrighton-hove.org.uk/
Money Advice plus Debt and welfare assistance and advice	Tel: 01273 664000 https://www.moneyadviceplus.org.uk/
Citizens Advice Bureau (CAB) Advice and assistance with money, benefit, housing or employment problems	Tel: 0300 330 9033 or 01273 123456
FOOD SHORTAGE	
Salvation Army Drop-in service Fridays 10.00 – 2.00pm Short term food parcels Benefits and budget advice	https://bhfood.org.uk/directory/salvation-army-foodbank/ Telephone: 01273 323072 / 07954 614838 Email: andrew.a.tinsley@salvationarmy.org.uk Website: https://www.salvationarmy.org.uk/hove
Brighton Food Bank A team that exists to help individuals and families in times of crisis with food, home start up packs, and fuel payments. The team also signpost clients to other agencies that can help keep them out of times of crisis.	http://www.bhcm.org.uk/teams/brighton-food-bank
SUBSTANCE MISUSE	
Ru-ok? For free and confidential advice and support in relation to alcohol and drug use.	Address: Ru-ok?, South Wing, 1 Regency Road, Brighton, BN1 2RU (West Street end of Regency Road) Tel: 01273 293966 http://www.ruokservice.co.uk/ e-mail: ru-ok@brighton-hove.gov.uk
FRANK Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.	Freephone 0800 77 66 00 (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers) www.talktofrank.com
SUICIDE PREVENTION / SELF - HARM	
HopeLine UK If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.	Call: 0800 068 4141 Text: 07786209697 or Email: pat@papyrus-uk.org Opening hours: 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays - Our Suicide Prevention Advisers are ready to support you.

<p>National Self-Harm Network This is a Forum that supports individuals who self harm to reduce emotional distress and improve their quality of life It also supports and provides information for family and carers of individuals who self harm.</p>	<p>www.nshn.co.uk</p>
<p>Papyrus Prevention of young suicide</p>	<p>www.papyrus-uk.org Call: 0800 068 41 41 Email: pat@papyrus-uk.org SMS: 07786 209697</p>
<p>Samaritans Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.</p>	<p>Tel: 08457 90 90 90 (24 hrs 7 days a week) www.samaritans.org</p>
<p>RIGHT HERE FREE activities, volunteering and advice for parents</p>	<p>Phone : 01273 222562 Text : 07834 480725 www.right-here-brightonandhove.org.uk</p>
<p>General support</p>	
<p>Get Connected Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones</p>	<p>Freephone 0808 808 4994 (7 days a week 1pm-11pm) www.getconnected.org.uk</p>
<p>Find Get Give a comprehensive list of local services</p>	<p>https://findgetgive.com/services?loc=brighton-hove</p>
<p>Family Information Service:</p>	<p>https://www.brighton-hove.gov.uk/content/children-and-education/childcare-and-family-support/family-information-service-fis</p>
<p>Anxiety Support</p>	
<p>NO PANIC Youth Helpline is a confidential helpline for those aged between 13 and 20 years old which aims to help young people with anxiety, panic, phobias, obsessive compulsive disorder and the specific anxieties that young people experience.</p>	<p>Youth Helpline: 0330 606 1174W: http://www.nopanic.org.uk/youth-helpline/</p>
<p>GET SELF HELP - website for information and helpful strategies on various issues, including stress, anxiety, anger, depression.</p>	<p>www.getselfhelp.co.uk</p>
<p>Sussex Mental Health Line — for support and advice about concerns about your own or someone else's emotional wellbeing (5pm to 9am and 24hours at weekends and holidays)</p>	<p>0300500101</p>
<p>Young Minds - Information for young People and Parents Talk about school stress, bullying, sexual pressure, unemployment, etc.</p>	<p>www.youngminds.org.uk Parent Helpline: 0808 802 5544 (free for mobiles and landlines).</p>

<p>Childline calm zone There are a number of activities and exercises aimed at reducing anxiety and worries in general.</p>	<p>https://www.childline.org.uk/toolbox/calm-zone/</p>
<p>The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young people and their families.</p>	<p>https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/ There are loads of things on here, both for parents, yp and staff. You can choose things you may want to use</p>
<p>Support for LGBTU young people</p>	
<p>Allsorts By providing online groups and one-to-one support for the duration of social distancing/isolation, Allsorts aims to ensure that LGBT+ children, young people and their parents/carers across Sussex and further afield in the South East are not left behind during this pandemic. Additionally, in launching online LGBT+ youth services, we have found that we are now able to support harder to reach people in rural areas, and those with social anxiety and/or mobility issues.</p>	<p>Visit website for support and contacts https://www.allsortsyouth.org.uk/</p>
<p>Bereavement Support</p>	
<p>Brighton and Hove Bereavement Support Guide</p>	<p>See HERE for an updated guide to bereavement support in Brighton & Hove which will be useful. This information also be found on our website at https://new.brighton-hove.gov.uk/bereavement-support</p>
<p>Cruse Bereavement Care is a charity which offers free information and advice to anyone who has been affected by a death. They also provide emotional support and counselling on a one-to-one basis and in groups.</p>	<p>Website: https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief If you live in Brighton and Hove (or surrounding areas) please contact: Telephone: 01273 234007 Email: Brighton@cruse.org.uk</p>
<p>Winston's Wish Supporting children and young people after the death of a parent, grandparent, sibling or close relative.</p>	<p>National helpline number is 08088 020 021 Website: https://www.winstonswish.org/</p>