



**Park Brow  
Primary School**



Happy - Respect - Pride - Caring - Potential

## Signposting for Pupils

### Urgent help

If your child or a young person you know, needs urgent help with their mental health and is in danger call 999 or go to A&E.

If your child is in mental health crisis and you need urgent help, please call the NHS Mental Health crisis line for FREE on 0800 051 1508. This is available 24 hours a day, seven days a week. NHS staff will be able to support you to get the help you / your child needs.

### Advice and guidance

If your child needs assistance with their mental health, but it is not an emergency, you can get help from NHS 111 online or call 111.

Anyone who lives or works in Knowsley can get free help and support via SHOUT – a new, confidential text messaging service for anyone struggling with their mental health.

By texting the word '**REACH**' to **85258** you will start a conversation with a trained volunteer.

**Knowsley Child and Adolescent Mental Health Services (CAMHS) works with young people** up to the age of 18 who have emotional, behavioural or mental health difficulties which are causing difficulties in their school, family or social life. Speak to your GP, health visitor, social worker or school health advisor who will be able to refer you into this specialist service.

There is also a range of support and advice available online:

Summary of support	How to contact	Age range
<b>Anna Freud National Centre for Children and Families</b> provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone	Text: AFC to 85258	All age groups

who is feeling overwhelmed or is struggling to cope.		
<b>BEAT's Youthline</b> offers support to children and young people with an eating disorder. BEAT also offers online training for schools.	Website and online chat: <a href="http://beateatingdisorders.org.uk">Worried about a pupil - Beat (beateatingdisorders.org.uk)</a>  <a href="http://beateatingdisorders.org.uk">SPOT - Online Training for Schools - Beat (beateatingdisorders.org.uk)</a>  Phone: 0808 801 0711	All age groups
<b>ChildLine</b> is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there.	Website and online chat: <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>  Phone: 0800 1111	All age groups
<b>Educational Action Challenging Homophobia (EACH)</b> offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website: <a href="http://eac.helpline.org.uk">Education: Schools Training - EACH   EACH</a> Helpline Phone: 0808 1000 143 open Monday to Friday 10am to 5pm	All age groups
<b>Hope Again</b> is the youth website of Cruise Bereavement Care. They provide advice for any young person dealing with a loss of a loved one.	Website: <a href="http://www.cruse.org.uk/get-help-for-parents">http://www.cruse.org.uk/get-help-for-parents</a>  Phone 0808 808 1677	All age groups
<b>Papyrus (Prevention of Young Suicide)</b> provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.	<a href="http://papyrus.org.uk">I'm A Professional   Papyrus UK   Suicide Prevention Charity (papyrus-uk.org)</a> Phone: 0800 068 41 41  Text: 07786 209 687	All age groups
<b>Samaritans</b> are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling. <b>Teachers can signpost Samaritans</b>	Phone: 116 123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	All age groups
<b>Shout</b> provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.	Text 'Shout' to 85258 to get an empathetic, trained volunteer who will listen and work with you to solve problems.	All age groups
<b>Switchboard LGBT+ helpline</b> is a safe space for anyone to discuss anything, including sexuality, gender identity,	Website and web chat: <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>	All age groups

sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.	Phone: 0300 330 0630 Email: <a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a>	
<b>The Mix</b> is the UK's leading support service for young people. They offer help and support to help with any challenge children are facing from mental health to money, from homelessness to finding a job, from breakups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or counselling service.	Website and online chat: <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a> Text: THEMIX to 85258 Phone: 0808 808 4994	All age groups
<b>Young Minds Crisis Messenger</b> provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.	Website: <a href="https://youngminds.org.uk">https://youngminds.org.uk</a> Text: YM to 85258 (24/7) for urgent help	All age group

## General mental health and wellbeing support, building resilience and staying well

Summary of support	How to contact	Age range
<b>Anna Freud National Centre for Children and Families</b> provide support to children and young people, sharing clear, simple advice and resources. 'On My Mind' aims to empower young people to make informed choices about their mental health and wellbeing through advice, support, tips and self-care strategies.	<a href="#">Anna Freud   Anna Freud</a>  Websites: <a href="https://www.annafreud.org/coronavirussupport/support-for-youngpeople/">https://www.annafreud.org/coronavirussupport/support-for-youngpeople/</a>  <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>  Text: AFC to 85258	All age groups
<b>BBC Bitesize</b> offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships.	Website: <a href="https://www.bbc.co.uk/bitesize/collections/life-andwellbeing/1">https://www.bbc.co.uk/bitesize/collections/life-andwellbeing/1</a>	All age groups
<b>Every Mind Matters</b> have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: <a href="https://www.nhs.uk/everymind-matters">https://www.nhs.uk/everymind-matters</a>	All age groups

<b>Kooth</b> free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes: • a magazine • discussion boards • messages or live chat with their team • a daily journal you can fill in	Website: <a href="https://www.kooth.com/">https://www.kooth.com/</a>	All age groups
<b>Now and Beyond</b> the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.	Website: <a href="https://nowandbeyond.org.uk/help-and-support">https://nowandbeyond.org.uk/help-and-support</a>	All age groups
<b>The Think Ninja</b> (freely available and adapted for COVID-19) app educates children and young people about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well.	App: <a href="https://www.nhs.uk/appslibrary/thinkninja/">https://www.nhs.uk/appslibrary/thinkninja/</a>	10-18 year olds
<b>Young Minds</b> offers online information on COVID-19 and mental health for children and young people.	Website: <a href="https://youngminds.org.uk">https://youngminds.org.uk</a> Text: YM to 85258	

## Bereavement

Summary of service	How to contact	Age range
<b>Anna Freud National Centre for Children and Families</b> provide support to children and young people dealing with loss and bereavement and signposts to bereavement organisations and local support.	Websites: <a href="https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/">https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/</a>  Text: AFC to 85258	All age groups
<b>Hope Again</b> is the youth website of Cruse Bereavement Care. It is a safe place where children and young people can learn from other young people, how to cope with grief, and feel less alone.	Website: <a href="https://www.cruse.org.uk/get-help/for-parents">https://www.cruse.org.uk/get-help/for-parents</a>  Phone: 0808 808 1677	All age groups
<b>The Childhood Bereavement Network</b> includes content specific to COVID19 with a hub for professionals supporting bereaved children.	Website: <a href="http://www.childhoodbereavementnetwork.org.uk/schools.aspx">http://www.childhoodbereavementnetwork.org.uk/schools.aspx</a>	All age groups

## Bullying

Summary of support	How to contact	Age range
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<b>Anti-Bullying Alliance</b> are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all forms of bullying between children and young people.	Website: <a href="http://www.anti-bullyingalliance.org.uk/tools-information">http://www.anti-bullyingalliance.org.uk/tools-information</a>	All age groups
<b>ChildLine</b> have a designated page for bullying issues that includes a new video about building up your confidence after bullying.	Website and online chat: <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>  Phone: 0800 1111	All age groups
<b>Educational Action Challenging Homophobia (EACH)</b> offers advice and support online for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website: <a href="http://each.education/homophobic-transphobic-helpline">http://each.education/homophobic-transphobic-helpline</a>  Phone: 0808 1000 143 open Monday to Friday 10am to 5pm.	All age groups
<b>Kidscape</b> has advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.	Website: <a href="https://www.kidscape.org.uk/advice/advice-for-youngpeople/">https://www.kidscape.org.uk/advice/advice-for-youngpeople/</a>	All age groups
<b>Young Minds</b> offers online information and advice on bullying for children and young people.	Website: <a href="https://youngminds.org.uk/financial-help/feelings-and-symptoms/bullying/">https://youngminds.org.uk/financial-help/feelings-and-symptoms/bullying/</a>  Text: YM to 85258	All age groups

## Sleep problems

Summary of support	How to contact	Age range
<b>Every Mind Matters</b> have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: <a href="https://www.nhs.uk/everymind-matters/">https://www.nhs.uk/everymind-matters/</a>	All age groups
<b>Teen Sleep Hub</b> offers advice, support and tips on achieving a good night's sleep.	Website: <a href="https://teensleephub.org.uk">https://teensleephub.org.uk</a>	All age groups
<b>Young Minds</b> offers online information, advice and tips for children and young people having issues with sleep and how to get help.	Website: <a href="https://youngminds.org.uk/financial-help/feelings-and-symptoms/sleep-problems">https://youngminds.org.uk/financial-help/feelings-and-symptoms/sleep-problems</a>  Text: YM to 85258	All age groups

## Transition

Summary of support	How to contact	Age range
<b>BBC Bitesize</b> offers support, advice and tips to children and young people on starting primary school, secondary school and options for college and university.	Websites: <a href="https://www.bbc.co.uk/bitesize/collections/startingprimary-school/1">https://www.bbc.co.uk/bitesize/collections/startingprimary-school/1</a>  <a href="https://www.bbc.co.uk/bitesize/tags/zh4wy9q/startingsecondary-school/1">https://www.bbc.co.uk/bitesize/tags/zh4wy9q/startingsecondary-school/1</a>  <a href="https://www.bbc.co.uk/bitesize/collections/college-andapprenticeships/1">https://www.bbc.co.uk/bitesize/collections/college-andapprenticeships/1</a>	All age groups
<b>Every Mind Matters</b> have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: <a href="https://www.nhs.uk/everymind-matters/">https://www.nhs.uk/everymind-matters/</a>	All age groups

## Vulnerable children

Summary of Support	How to contact	Age range
<b>Barnardo's See, Hear, Respond programme</b> , focusses on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.	Website: <a href="https://www.barnardos.org.uk/see-hear-respond">https://www.barnardos.org.uk/see-hear-respond</a>	All age ranges
<b>Make Our Rights Reality</b> is a movement of young people demanding our rights. It's coordinated by Youth Access – a charity working for the rights of every young person to be able to get support when and where they need it. Through the Make Our Rights Reality movement, young people have set up the Our Minds Our Future campaign to demand young people's right to mental health be met.	Website: <a href="https://makeourrightsreality.org.uk/">https://makeourrightsreality.org.uk/</a>	All age ranges
<b>The Proud Trust</b> is a lifesaving and life enhancing organisation that helps LGBT+ young people empower themselves, to make a positive change for themselves, and their communities.	Website: <a href="https://www.theproudtrust.org/">https://www.theproudtrust.org/</a>	All age ranges

