



Park Brow Primary School



Happy - Respect - Pride - Caring - Potential

Staff

If a student needs urgent advice or support

Summary of support	Contact details	Link	Age range
BEAT's Youthline offers support to children and young people with an eating disorder.	Website, online chat and phone	Worried about a pupil - Beat (beateatingdisorders.org.uk)	All age groups
ChildLine 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. Teachers can signpost to ChildLine	Phone, website and online 1-2-1 chat	Childline or call 0800 1111 Childline Childline	All age groups
Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website and phone	EACH: School and college training or call 0808 1000 143 open Monday to Friday 10am to 5pm. Education: Schools Training - EACH EACH	All age groups
MindEd a free educational resource from Health Education England on children and young people's mental health. Now includes a Coronavirus Staff Resilience Hub with materials on peer support, stress, fear and trauma and bereavement.	Website	Home MindEd Tips and Resources Hub (mindedhub.org.uk)	All age groups
Papyrus (Prevention of Young Suicide) provides advice and support for professionals supporting young people who feel like they want to take their own life, through online support and resources.	Website, phone and text	HOPELineUK, 0800 068 41 41 Text on 07786 209 687 I'm A Professional Papyrus UK Suicide Prevention Charity (papyrus-uk.org)	All age groups

Samaritans are an organisation you can ring at any time of the day or night. Teachers can signpost Samaritans.	Phone or email	Call 116 123 Email jo@samaritans.org	All age groups
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General mental health and wellbeing support, building resilience and staying well

Summary of support	Contact details	Link	Age range
Anna Freud National Centre for Children and Families provides support to schools, colleges and education professionals through online advice, guidance and resources. Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges.	Website	School and college resources Anna Freud	All age groups
Charlie Waller Trust offers advice, guidance and resources for schools and education professionals to support children and young people's mental health and wellbeing.	Website	Mental health training, information and resources (charliewaller.org) Free practical mental health resources Charlie Waller Trust	All age groups
PHE School Zone mental wellbeing top tips provides advice for teachers on supporting parents and carers with the mental wellbeing of their children, including the importance of routine and normalising discussions around mental wellbeing.	Website	Mental wellbeing Top tips PHE School Zone	All age groups
Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing	Website	Mental wellbeing Top tips PHE School Zone	All age groups

providers. Includes information about locally available services.			
PHE School Zone what to do about worry year 6 lesson plan pack includes the worry tree, a tool to support young people to combat worries.	Website	What to do about worry – Year 6 lesson plan pack PHE School Zone	Year 6
Young Minds offers resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.	Website and a 24/7 text service	Mental Health Resources For Children and Young People YoungMinds	All age groups
Young Minds Professionals is a toolbox for leaders and front-line workers across the children’s mental health system.	Website and text service	Resources For Professionals Working With Young People YoungMinds	All age groups

Bereavement

Summary of support	Contact details	Link	Age range
The Childhood Bereavement Network includes support, advice and resources on supporting a bereaved child or young person.	Website		All age groups
Listening Ear	Website	Affected by Bereavement & Loss - Listening Ear Merseyside (listening-ear.co.uk)	All age groups

Bullying

Summary of support	Contact details	Link	Age range
Anti-Bullying Alliance 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	Tools & information (anti-bullyingalliance.org.uk)	All age groups

Kidscape has advice and practical tips to support adults working with children on dealing with bullying and cyberbullying.	Website	Advice for adults working with children (kidscape.org.uk)	All age range
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Staying safe online

Summary of support	Contact details	Link	Age range

Sleep problems

Summary of support	Contact details	Link	Age range

Transitions

Summary of support	Contact details	Link	Age range
Anna Freud have produced an evidence-based guidance for parents and carers, written with input from clinicians at the centre and teachers. Includes tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers.	Website	Supporting children's transition to secondary school: Guidance for parents and carers Anna Freud	All 11+
Charlie Waller Trust offers advice, guidance and resources for schools and education professionals to support children and young people's mental health and wellbeing.	Website	Mental health training, information and resources (charliewaller.org)	All age groups
Every Mind Matters provides advice on how to make the transition back to being in school, college or other formal	Website	Children's mental health - Every Mind Matters - NHS (www.nhs.uk)	All age groups

education as smooth as possible, as well as information about further help and support.			
PHE transition to secondary school explores the transition to secondary school and identify strategies to deal with change.	Website	Transition to secondary school PHE School Zone	10 to 11 year olds
PHE School Zone what to do about worry year 6 lesson plan pack includes the worry tree, a tool to support young people to combat worries.	Website	What to do about worry – Year 6 lesson plan pack PHE School Zone	10 to 11 year olds

Vulnerable children

Summary of support	Contact details	Link	Age range
Barnardo's Education Community is an online resource to help support teachers, lecturers and staff working in the education sector. A 'one stop shop' where educators can go for trauma-informed resources, support and advice about how to help children and young people cope with any issues they are experiencing.	Website	www.educators-barnardos.org.uk	All age ranges
The SEND Gateway is a good source of information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs.	Website	www.wholeschoolsend.org.uk	All age ranges
The Proud Trust deliver training opportunities for teachers and other youth professionals and create LGBT+ resources for schools, colleges and other youth settings.	Website	www.theproudtrust.org	All age ranges