

**Where to get support during school closures**

**Emergency Contacts**

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| **Organisation** | **What do they offer?** | **Contact Details** |
| Children's Services | Emergency safeguarding | 0300 123 4043 |
| 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 | 0808 2000 247 |
| Sunflower | Domestic abuse helpline | 0808 808 8088 |
| Out of hours mental health support |  | 01438 843322 |
| Hertfordshire Nightlight | Out of hours crisis support | 01923 256391 |
| Child Law Advice | Advice on legal matters to do with child law | 0300 330 5480 |

**COVID - 19 Specific Help**

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| **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 | https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/  |
| Young Minds | The following Young Minds link addresses how to look after your mental health when self isolating | https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/  |
| Centre for Disease Control | Helpful messages on how to talk to children about Coronavirus | https://www.cdc.gov/coronavirus/2019- ncov/community/schools-childcare/talking-with-children.html  |
| Every Mind Matters | Provides general information about looking after your mental health which would be relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing | https://www.nhs.uk/oneyou/every-mindmatters/  |
| 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 | https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/ |
| Video for parents  | Regarding the Coronavirus | https://www.youtube.com/watch?v=ZnANLAcpRZ4&feature=youtu.be |
| Video for children and young people | Regarding the Coronavirus | https://www.youtube.com/watch?v=ME5IZn4- BAk&feature=youtu.be  |
| Healthy Young Minds |  There will be a weekly update via the Healthy Young Minds in Herts website where the information will be shared. | https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak  |
| Just Talk | We will also ensure there is helpful safe advice around managing self-care. There will also be a webpage for young people and families, focussed on how to cope during periods of self-isolation, appearing very soon | www.justtalkherts.org |
| Unicef | Information regarding Coronavirus | www.unicef.org/coronavirus/covid-19 |

**Mental Health Support**

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| **Organisation** | **What do they offer?** | **Contact Details** |
| Single Point of Access | Mental health triage for access to mental health support | 0300 777 0707 |
| Mind | Mental health support  | 0300 123 3393  |
| Young Minds | Parent helpline for children and adolescents with mental health issues | youngminds.org.uk/find-help/for-parents/parents-helpline/0808 802 5544 |
| Rethink / Give us a shout | Mental health support and advice - online, by phone and via text | Text ‘SHOUT’ to 85258www.giveusashout.orgwww.rethink.org.uk |
| Mind Hertfordshire Network | Provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone’s behalf with the individual’s consent.  | 01923 256 391 https://www.hertsmindnetwork.org/  |
| Sane Line |  | 0300 304 7000www.sane.org.uk |
| Support Line |  | 01708 765200www.supportline.org.uk |

**Parenting Advice**

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| **Organisation** | **What do they offer?** | **Contact Details** |
| Family Lives |  | 0808 800 2222familylives.org.uk |
| NSPCC | Positive parenting tips | www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/ |
| Care for the family |  | www.careforthefamily.org.uk/family-life/parent-support |
| Action for children |  | actionforchildren.org.uk/support-for-parents |