



KEEPING SAFE PLAN





ADVICE FOR PARENTS/CARERS

- Keep an eye on your child/young person's mood/behaviour in a calm and non-intrusive way.
- If they have been withdrawing from family life, encourage them to spend some time downstairs with others each day.
- Make time for them so they have an opportunity to talk about how they are feeling – this is sometimes easier for your child/young person if you do something together whilst you are talking (e.g. go for a walk and have a chat then).
- Keep an eye on their internet use - including sites they have visited, as this may affect their mood.
- Ensure that the home is a safe place – put away anything that might pose a risk (e.g. medication, razors and chemicals).
- Liaise with school so they are aware of any risk to self so they are able to provide the appropriate support.
- Contact your GP or Healthy Young Minds on **01706 676000** if you feel that your child/young person's mental health is deteriorating. If you feel they are in crisis/in need of medical attention outside of GP hours and you feel that they are at risk of severe harm, please go to your local A&E.

WHAT TO DO IN AN EMERGENCY

- **If a child has taken an overdose or needs urgent medical help** call **999** or take them to the nearest A&E.
- **If you need urgent mental health support or advice**, call our 24-hour mental health helpline on **0800 014 9995** or contact your GP for advice.
- **If you have noticed physical injuries such as deep cuts or burns**, contact [111.nhs.uk](https://www.nhs.uk) or your GP for advice.

WHERE ELSE CAN YOU GET HELP AND SUPPORT?

-  **Kooth.com** – is a free, safe and anonymous online support and counselling service for young people age 11-18, to support mental wellbeing.
-  **YoungMinds Parents Helpline** is for parents, guardians and carers. Call **0808 802 5544**, this helpline is available 9.30am to 4pm, Monday to Friday.
-  **YoungMinds Crisis Messenger** provides free 24-hour crisis support. **Text YM to 85258**. Texts are free from most phone networks.
-  **Samaritans** are available 24 hours a day, 365 days a year. Call **0116 123** or email jo@samaritans.org



BEAT Youthline offers online chat and telephone support to young people struggling with an eating disorder. Their helpline number is **0808 801 0711**, open from 9am - 8pm during the week, and 4pm - 8pm on weekends and bank holidays.



HOPELINEUK is for young people experiencing suicidal thoughts. Call **0800 068 4141**, 9am - 12am (midnight) every day of the year.



SHOUT provides free, confidential, 24/7 text message support for anyone who is struggling to cope and anyone in crisis. Text **SHOUT** to **85258**.



ChildLine provides confidential telephone counselling service for any child under 19. Call their 24-hour helpline on **0800 1111**, sign up for a ChildLine account [childline.org.uk/registration](https://www.childline.org.uk/registration) or have a one-to-one chat [childline.org.uk/get-support/1-2-1-counsellor-chat](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat) with an online counsellor.

