



Longbenton High School

When schools are closed or you are away from school, this can be a worrying time for young people and parents for lots of reasons. You might be experiencing problems at home, be worried about your education, struggling with your mental health or lots of other issues that young people deal with daily. This leaflet is to help you and your family to access some support whilst school is closed.

Safeguarding or Child Abuse:

The vast majority of you live in happy, caring homes. However, if there is ever a time when you don't feel safe at home or if you know someone else who is not safe at home then you need to know that you can contact people who can help.

Some young people may be exposed to a thing called child abuse. This is a term used to describe a range of ways in which people, usually adults, harm children and young people. Often the adult is someone known and trusted by the child or young person, such as a parent or a relative. The abuse can be physical injury, sexual abuse, emotional harm or neglect. Remember that abuse is never the child's fault.

It's important that you tell someone if this happens to you or a friend. Victims of child abuse should talk to a friend or adult you can trust. You can speak to a social worker by calling your local authority. For North Tyneside this will be **The Front Door Service on 0345 2000 109**. They are open 8.30am – 5pm, Monday – Thursday and 8.30am – 4.30pm on Friday. Outside of those hours you can call the After Hours Service on 200 6800. You can also email at childrenandadultscontactcentre@northtyneside.gov.uk

If you live in Newcastle contact Social Services on 01912772500. They are open from 8.45am-5pm, Monday – Friday. The out of hours number is 2787878. You can also email them at <https://newcastle.gov.uk/services/care-and-support/children>

If you have an immediate concern and feel that you or another child that you know is at risk of significant harm or danger please contact the police on 999.

Other useful helplines:



ChildLine: ChildLine is a counselling service for children and young people. You can contact ChildLine in these ways: You can phone on 0800 1111, have a 1-2-1 chat with them, send a message to Ask Sam and you can post messages to the ChildLine message boards. You can contact ChildLine about anything - no problem is too big or too small. If you are feeling scared or out of control or just want to talk to someone you can contact ChildLine. Their website is <https://www.childline.org.uk/>

Support to keep you safe and well when you are away from school

School contact:

lhs@longbenton.org.uk or 0191 2189500

Acorns Project: If you are worried about relationships and abuse you can text them a question and they will get back to you within our usual working hours. Text 07712 862 858, Telephone 0191 349 8366, Email admin@acornsproject.org.uk or visit their website on <https://www.acornsproject.org.uk/>

NSPCC: Child Protection Line

The NSPCC (National Society for the Prevention of Cruelty to Children) is the UK's leading charity specialising in child protection and the prevention of cruelty to children. Their National Child Protection Helpline provides advice to adults and children about child protection concerns. You can phone them on 0808 800 5000 or visit their website at <https://www.nspcc.org.uk/>



Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems. Kooth.com offers users a free, confidential, safe and anonymous way to access help. www.kooth.com

On my mind – Self Care Anna Freud <https://www.annafreud.org/on-my-mind/self-care/>

These strategies can help you to manage your wellbeing. It is up to you to decide what helps. If it works, keep doing it. If it does not, stop and try something else. You can help build an evidence-base for these activities by letting us know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page.

These activities are not a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No one should feel bad about it.

This self-care section was developed by Common Room and young people from mental health support group Hearts & Minds.

The Mix <https://www.themix.org.uk/>



The Mix is the UK's leading support service for young people. They can help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline. If you're under 25 and need help call our helpline for FREE on [0808 808 4994](tel:08088084994). You can also speak to our trained helpline supporters on our [one to one chat service](#). [The Mix's team](#) will be able to connect you with a range of services to help you with your query.

Cruse Bereavement Care: Support, advice and information when someone dies and help around bereavement grief. www.cruse.org.uk



NHS: Symptom support online and get advice on where and when to get support or call from a nurse if you can't get to a GP www.111.nhs.uk

Young minds: Information on a wide range of mental health issues and young people's experiences www.youngminds.org.uk

Mental Health Apps:

Dreamy Kid www.dreamykid.com



Children have been showing signs of stress, technology-fatigue, and anxiety starting at younger ages. It is a science-based fact that only 10 minutes of meditation is a great life-tool to find inner-harmony and balance amid their busy lives. With DreamyKid, just play it as they fall asleep or awake. They will begin a life-long journey that will center them with tools for all situations.

Stop, Breathe, Think www.stopbreathethink.com

Stop what you are doing. Check in with what you are thinking, and how you are feeling. Breathe Practice mindful breathing to create space between your thoughts, emotions and reactions. Think Broaden your perspective and strengthen your force field of peace with personalized meditations and activities.

Smiling Mind www.smilingmind.com

Smiling Mind offers a unique web and app-based tool developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. They offer programs for 7 - 9 years old, 10 - 12 years old, 13 - 15 years old and 16 - 18 years old.

Calm www.calm.com

#1 App for Mindfulness and Meditation. Calm brings clarity, joy and peace to your daily life. Join the millions experiencing the life-changing benefits of meditation and mindfulness. Reduce anxiety, sleep better and feel happier.

Headspace www.headspace.com



Learn to meditate and live mindfully with hundreds of themed sessions on everything from stress to sleep. Bite-sized meditations for busy schedules and SOS exercises in case of sudden meltdowns. Free trial then monthly or yearly subscription

