



Support for children and parents on Mental health and well-being

Please see below the support that school is able to offer to parents and children:

- If you need to discuss any concerns that you may have please come and discuss this with the school. The key staff who can support you are:

Beverly Corbin- Headteacher

Lisa Hiscock - deputy headteacher and SENCO

Wendy Jones –deputy headteacher and SENCO

You can also talk to your child's class teacher or teaching assistant.

Please do not hesitate to seek our support this can be accessed by either coming to the school office to ask to speak to someone or contact the school on 02380474835 or email info@townhill-inf.net to ask for an appointment

- The school has a designated ELSA (emotional literacy support assistant) who can offer support to children. If you think that your child will benefit from this support, then please contact the headteacher or SENCO who can discuss this with you further
- The school is able to refer to a number of agencies who can offer support; CAMHS (child mental health support), MHST (mental health support teams for children) or Early help support through social care. If you think that your child will benefit from this support, then please contact the headteacher or SENCO who can discuss this with you further. With any outside support this will be dependent on their assessment of need, availability of support and there can be a wait for these services.
- There are a number of organisations who can also offer support and advice to parents on a wide range of issues or difficulties

SHOUT service which can be accessed by texting HAM to 85258

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (9am to midnight, every day of the year)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Safeguarding – which includes abuse

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: www.nspcc.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Phone: 0330 053 6022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: <https://smartrecovery.org.uk/>

Bereavement

Simon says

<https://www.simonsays.org.uk>

Help line- 02380447550

Winstons Wishes

<https://www.winstonswish.org>

Helpline 08088 020021

Crime victims

Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: www.victimsupport.org

Learning disabilities

Mencap

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: www.mencap.org.uk

Parenting

Family Lives

Advice on all aspects of parenting.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk