

When School is closed during holidays or in the evenings or at weekends the same support isn't always available. Here are some helpful links.

Mental Health

At this time, it is completely normal to be feeling a lot of different emotions. It is also okay to feel scared, anxious or upset. But if you are feeling like this it is important to talk to someone about it, these links might help but you can always contact the school and we will help as much as we can.

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

Crisis

The Crisis Team is for those times where you need help immediately Phone: 01282 628455; 01282 657222 (out of hours)

Website: <https://www.lscft.nhs.uk/crisis>

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 **ELCAS**

Safeguarding

Not being in school can be worrying for pupils. If you are going through a hard time, or are worried about someone else who might be these links might help you with some support

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

We are With you

Advice and support about Drugs, Alcohol and Mental Health

Phone:

Website: <https://www.wearewithyou.org.uk/>

Children's Social Care

Support from Social Services

Phone: 0300 123 6720 (Mon - Fri 08:00-17:00)

0300 123 6722 (Out Of Hours)

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Online Safety

You are going to be online a lot more, it is important to keep yourself and other safe.

CEOP

Child Exploitation and Online Protection Command, you can report worries here Phone:

Website: <https://www.ceop.police.uk/safety-centre/>

Net Aware

Advice on apps and the way they work and how to stay safe using them

Phone: 0808 8005002

Website: <https://www.net-aware.org.uk/>

Safer Internet Centre

Advice and guidance for on Online Safety Phone: N/A

Website: <https://www.saferinternet.org.uk/>

Thinkuknow

Education program about Online Safety Phone: N/A

Website: <https://www.thinkuknow.co.uk/>

NSPCC Online Safety

Advice and guidance for young people and parents about staying safe online

Phone: 0808 800 5000

Website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Help and Advice

You may feel like there are things that you want to talk to people about but you are unsure where to turn. These Services will be able to help with everything you and your family might need. Some More support services are below along with information from the School, Government and Lancashire County Council about coronavirus.

Bereavement

Cruse Bereavement Care

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Victim Support

Support for people who have been the

victim of crime Phone: 0808 168 9111

(24-hour helpline)

Website: www.victimsupport.org

National Careers Service

Advice and guidance for Careers, Further and

Higher Education Phone: 0800 100 900

Website: <https://nationalcareers.service.gov.uk/>

Citizens Advice

Advice and guidance for everything from debt and housing to

legal support and Benefits Phone: 0800 100 900

Website: <https://www.citizensadvice.org.uk/>

LCC Child and Family Wellbeing Service

Excellent local service providing Advice, support and signposting for parents and families in any difficulty with emotional support, housing or behaviour.

Can provide parenting courses and access to support in all areas.

Phone: (Burnley) 01282 470707 (Pendle) 01282 470277 Hyndburn (01254

387757) Ribble Valley (01200 420460) Website: [Find Your Local Service](#)

[Here](#)

Helplines and Support

BIG WHITE WALL

