

Supporting Parents and Carers during Self-Isolation and School Closures

We understand that this is a challenging and worrying time not only for our students, but for many of our parents and carers. We have therefore, put together this list of local and national agencies or charities that will offer advice, signpost or support you first hand. We hope you find it useful.

openmindscalderdale.org.uk



This website provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time.

Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

kooth.com



This website offers free, safe and anonymous online support for young people. On Kooth you can chat to their friendly counsellors, read articles written by young people, get support from the Kooth community or write in a daily journal.

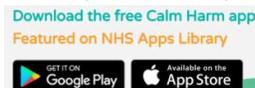
childline.org.uk



Childline (for under 18s) is a free, private and confidential service where you can talk about anything. You can speak to a Childline counsellor online or on the phone from 9am – midnight.

Calm Harm

Calm Harm is designed for people who are trying to manage urges to self-harm. The app provides tasks that encourage you to distract yourself from urges to self-harm and manage your “emotional mind” in a more positive way. Download the app here.



CICS (Christians in Calderdale Schools)

Young People who have been mentored by Chris and Sarah can email Miss Haslem (a.haslem@brighouse.calderdale.sch.uk) if you would like contact and she get in touch with them for you.

They can email or phone, but we will need parent/carers consent.



samaritans.org.uk



If you need some support, or you're worried out someone you know, you can contact the Samaritans via their website or you can call free at any time, from any phone, on **0116 123**

calderdalestayingssafe.org.uk



This website offer a free and confidential service to anyone aged 16 and above, who has been affected by domestic abuse and who lives in Calderdale. Support is available to people regardless of their sexuality, gender, disability, religion or ethnic origin. They have dedicated male and female support workers.

Day Time Operating Hours: **01422 323 339**

Out of Hours Ring National Domestic Violence Helpline: **0808 2000 247**

In an emergency, please call: **999**

To report an incident to the Police, please call: **101**

gingerbread.org.uk



Gingerbread
Single parents, equal families

This is a charity supporting single parent families. Visit this site for expert advice, guidance and support.

relate.org.uk



Their highly trained counsellors are still ready to help everyone's relationships during this unprecedented time. They have Live Chat, telephone and webcam counselling services and are working on increasing the availability of these in the coming days. Their counsellors have also put together some advice and tips for keeping relationships healthy during self-isolation and social distancing.

Calderdale Children's Services



To report a concern regarding a Calderdale child or young person, please contact:

- Multi-Agency Screening Team (MAST) on **01422 393336** (in normal working hours).
- Emergency Duty Team (EDT) on **01422 288000** (out of hours only).