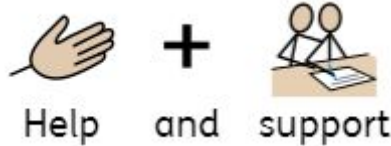




Getting help and support during the Covid Lockdown



Below is a short list of support services and helplines that are available to you and your family in this difficult time:

Thinkuknow: NCA-CEOP's online service Thinkuknow has information and advice for children, parents and carers related to online safety and sexual exploitation.

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

Childline: Anyone who's 19 years or younger can get in touch with Childline to talk about any problem they're facing. Normally, the service is 24/7 but due to the COVID-19 outbreak, counsellors are available from 9am to midnight either on the phone (0800 1111) or via 1-2-1 online chat. [www.https://www.childline.org.uk/](https://www.childline.org.uk/)

Mind: The charity Mind offers free support for anyone suffering from mental health-related issues. You can get in touch with Mind by phone (0300 123 3393) or email (info@mind.org.uk). [www.https://www.mind.org.uk/](https://www.mind.org.uk/)

YoungMinds: YoungMinds is the UK's leading mental health charity for children and young people. If you're concerned about your child's mental wellbeing, they also have a parent hotline you can call on 0808 802 5544, where you'll get advice on how to tackle the issue. [www.https://youngminds.org.uk/](https://youngminds.org.uk/)

NSPCC: The NSPCC website has a wealth of information for parents and carers, from talking to anxious children about the virus, to supporting SEND children. <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

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