

# Parent Post



## Welcome to our Summer Newsletter

This month we welcome back Priya Dam who has returned from maternity leave.

Welcome back Priya!

As we approach the summer holidays we have collated some Family Fun ideas together with Autumn term workshops and courses.

The SFW team will be available Monday to Friday for telephone support from  
19th July to 27th August.

Summer Holiday Contacts: Telephone/Email Support available between 9am & 3pm

Monday: Julie Cain—07398 096858

Cheryl Bodrozic—07535 704247

Tuesday: Kim Bates—07432 364475

Cheryl Bodrozic—07535 704247

Wednesday: Oyin Kalejaiye—07535 704255

Cheryl Bodrozic—07535 704247

Thursday: Priya Dam—07584 018053

Cheryl Bodrozic—07535 704247

Friday: Kelly O'Connell—07984 578408

Cheryl Bodrozic—07535 704247



Welwyn Garden City & Hatfield Schools Partnership



[www.wgc-hatfieldschoolspartnership.com](http://www.wgc-hatfieldschoolspartnership.com)

Other Support Service Contacts are available via our website.



## Find the support you need at the Families First Portal

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links



@FamiliesFirstHerts



@FFHerts

[hertfordshire.gov.uk/familiesfirst](http://hertfordshire.gov.uk/familiesfirst)



"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about my child's behaviour in school and at home"

"I'm worried about money"

"I need reassurance and support"



## Hygiene & Food Banks

### New Hygiene Bank!



We are proud to announce we now operate a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or the Lead School Family Worker to find out more:

Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk

### Food Banks available in Welwyn Hatfield


**HATFIELD**  
Tuesdays 12-2pm  
Trussel Trust Hatfield  
Gracemead House  
Woods Avenue,  
Hatfield, AL10 8HX

**WELWYN GARDEN CITY**  
Wednesdays 9-11am  
New Zion Christian Fellowship  
140 Cole Green Lane  
Welwyn Garden City  
AL7 3JE

\* Please contact school or your school family worker to obtain foodbank vouchers

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# Our Autumn 2021 Workshop Calendar

 <h2>Autumn Term events for Parents &amp; Carers</h2>		
<b>13th Sept</b> <b>9.30-12.00</b> <b>Behaviour</b> <b>For Parents of Primary aged Children</b> <b>Held via Zoom</b>	<b>21st Sept- 12th October</b> <b>12.30-2.30 (Tues only)</b> <b>4 Week Anxiety in Children</b> <b>Held via Zoom</b>	<b>30th Sept - 25th Nov</b> <b>9.30-11.30(Thurs only)</b> <b>8 Week Who's in Charge</b> <b>Venue TBC</b>
<b>4th &amp; 11th Oct</b> <b>9.30-11.30</b> <b>Behaviour</b> <b>For Parents of Secondary aged Children</b> <b>Held via Zoom</b>	<b>14th &amp; 21st Oct</b> <b>7.30-9pm</b> <b>Beginning the journey into SEN</b> <b>Held via zoom</b>	<b>10th Nov - 1st Dec</b> <b>9.30-11.30am (Weds only)</b> <b>4 Week Anxiety in Children</b> <b>Held via Zoom</b>
<b>23rd Nov</b> <b>12.15-2.45pm</b> <b>Behaviour</b> <b>For Parents of Primary aged Children</b> <b>Held via Zoom</b>	<b>30th Nov &amp; 7th Dec</b> <b>12.30-2.30pm</b> <b>Behaviour</b> <b>For Parents of Secondary aged Children</b> <b>Held via Zoom</b>	<b>14th Dec</b> <b>9.30-12.30</b> <b>Beginning the journey into SEN</b> <b>Held via zoom</b>

To book any of our workshops on this page please use the link or the QR code below to register:

[https://forms.office.com/Pages/ResponsePage.aspx?id=7dQcDe8MAkOFBbqT5pKWbJTJkhld\\_TBIno7EQukGov5UQzJZQk5CWEM4UDRJQTIUTTFKQjNQNlPWNC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=7dQcDe8MAkOFBbqT5pKWbJTJkhld_TBIno7EQukGov5UQzJZQk5CWEM4UDRJQTIUTTFKQjNQNlPWNC4u)





### ONLINE BEHAVIOUR WORKSHOP FOR PARENTS/CARERS.

#### WORKSHOP FOR PARENTS/CARERS OF CHILDREN AGES 4 - 11.

- UNDERSTANDING BEHAVIOUR EXPLORING THE 'NEEDS FOUNTAIN', ANGER AND POSITIVE RESPONSES.
- LABELLING, POWER STRUGGLES AND BOUNDARIES.
- IMPORTANCE OF COMMUNICATION, COMPROMISE AND PRAISE.
- CHOICES, CONSEQUENCES AND HOW TO MANAGE MISTAKES.


#### BECOMING THE PARENT YOUR CHILD NEEDS TO THRIVE.

DATE: Monday 13th Sept. 2021

TIME: 9:30am - 12noon


**WORKSHOP TAKES PLACE VIA ZOOM.**

To book a place, please see details on the calendar of events.



## New for Autumn 2021

### Who's In Charge?



A 9 week Child to parent violence (CPV) programme aimed at parents whose children are being abusive or violent towards them or who appear to be out of parental control.

The structure of the programme consists of 8 x 2.5hour sessions with a 2 month follow up session



**COURSE Dates**

- ✓ Thursdays - 9.30-11.30am
- ✓ 30th Sept-25th Nov
- ✓ (except 28th October)

Venue TBC but will be in Welwyn Hatfield

**FREE Cost**

Please see our calendar of events flyer above for the booking link

### UNDERSTANDING ANXIETY IN CHILDREN

**Free 4 week course for parents**

- What is anxiety and what might it look like?
- What does it feel like and what might cause it?
- How can we help our children to manage it?

The course will be run by School Family Workers with the WGC & Hatfield Schools Partnership who have a wealth of experience of working with families.

Places are limited. To secure your place please use the booking link on our calendar of events above.

We look forward to seeing you!

**Dates:** Tues 21st Sept— Tues 12th October 2021 (Tuesdays only)

**Time:** 12.30-2.30pm

**Where:** Zoom on-line workshop



# Family Learning from our Local Partners



## WITH OUR SUMMER COURSES & WORKSHOPS FOR HERTFORDSHIRE RESIDENTS







Online options this summer

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am to 3pm	Family Mindfulness Online 2 day course 12 <sup>th</sup> and 13 <sup>th</sup> July		Succeed & Get That Job Online 2 week course 28 <sup>th</sup> July, 30 <sup>th</sup> July		
9.15am to 3pm	Brilliant Boxes Online 2 week course 9 <sup>th</sup> and 16 <sup>th</sup> August				
9.15am to 3pm			Introduction to Customer Service Online 2 day course 11 <sup>th</sup> and 13 <sup>th</sup> August	Day 2 of Intro to Customer Service Online 2 day course 11 <sup>th</sup> and 13 <sup>th</sup> August	
9.30am to 11.30am		Story Explorers - A family 2 day workshop Online 13 <sup>th</sup> and 15 <sup>th</sup> July		Day 2 of Story Explorers workshop	
9.30am to 11.30am		Fun Phonics - A family 2 day workshop Online 3 <sup>rd</sup> and 5 <sup>th</sup> Aug		Day 2 of Fun Phonics workshop	
9.30am to 11.30am		Merveillous Maths - A family 2 day workshop Online 10 <sup>th</sup> and 12 <sup>th</sup> Aug		Day 2 of Merveillous Maths workshop	
10am to 12pm			Staying Safe Online Online 2 day course - 4 <sup>th</sup> and 5 <sup>th</sup> August		
Evening: 6pm to 8pm			Build your skills in Word & Excel Online, evening course 5 weeks - starts 21 <sup>st</sup> July		

**Browse and book at:**  
[www.hertfordshire.gov.uk/hafls](http://www.hertfordshire.gov.uk/hafls)

Look out for our adult and child courses




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## Getting on with your pre-teen or teenager

This online course is aimed at families with a FFA, CIN, CP OR Youth Justice Plan but places are also available for parents wanting to gain an understanding of the feelings and needs underlying teenager behaviour and knowledge and skills to develop a more positive relationship. Course content may vary depending on needs of the attendees.

**When: Tuesday 14th September - 19th October 2021 Time: 7pm - 9pm**

**For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**


 Find us on Facebook @FamilyLivesHertsandBeds  
[www.familylives.org.uk](http://www.familylives.org.uk)  
 We build better family lives together





Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

## SEPTEMBER 2021 COURSES





Low cost and fully funded learning, open to Hertfordshire residents




Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00am to 12.00pm	Mindfulness for Beginners Online course	Phonics Online course		Sewing for Beginners Face-to-face course Stevenage	Social Media for Business Online course	Coding with your child Online course
10.00am to 12.00pm		Photography for Beginners Online course	Family Fortunes Online course		Becoming a Classroom Helper Online course	
9.15am to 12.15pm					Succeed & Get That Job - ESOL Online course	
QUALIFICATIONS IN ENGLISH & MATHS AVAILABLE - Please visit <a href="http://www.hertfordshire.gov.uk/englishandmaths">www.hertfordshire.gov.uk/englishandmaths</a> to find out more						
1.00pm to 3.00pm	Mindfulness for Work Online course	Get Blogging Online course	Getting Back into Work Online course	Introduction to Film & Media Face-to-face course Borehamwood		
1.00pm to 3.00pm	Brilliant Boxes Face-to-face course Borehamwood		Family Health Online course	Build your Skills - Word & Excel Face-to-face course Stevenage		
2.00pm to 4.00pm			Developing Self-Esteem & Resilience Face-to-face course Stevenage			

**Book online at**  
[www.hertfordshire.gov.uk/hafls](http://www.hertfordshire.gov.uk/hafls)

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# Family Learning from our Local Partners



## Handling anger in your primary aged child with Autism or ADHD

Funded by Hertfordshire County Council and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years of personal & professional experience.

This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes and triggers of anger in your family
- ✓ Learn proven & effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate prevent anger before it occurs
- ✓ Learn safe and creative ways for children to 'let go' of emotions safely
- ✓ Create a calmer family and enable everyone to understand & talk about emotions safely
- ✓ Increase emotional regulation in your family
- ✓ Meet other parents in calm, judgement-free interactive groups



Where: Online via Zoom

When: Mondays 'Lunch & Learn' 12pm to 2pm

September 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

How: Email Francine & Lesley [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



## Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

**When:** Every Thursday, 16th September to 21st October

**Time:** 9.30 am - 11.30 am

For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)



Find us on Facebook @FamilyLivesHertsandBeds

[www.familylives.org.uk](http://www.familylives.org.uk)

We build better family lives together



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## September 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Early Years zoom with Tracey and Georgie	Wednesday September 8th 9.30 - 11.30am	Smooth transitions e.g. Home to school
zoom with Francine and Lesley	Thursday September 9th 9.30-11.30am	Open forum and mindfulness with Helena Marks-Dwyer, independent SEND consultant
zoom with Francine and Lesley	Monday September 13th 7-9pm	How different parenting styles impact children
zoom with Vicky and Sharon	Wednesday September 15th 9.30 - 11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann	Monday September 20th 9.30-11.30am	Voice of a child in EHCP with Helena Marks-Dwyer, independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday September 21st 7-9pm	Building a community of shared experiences
zoom with Siobhann and Sharon	Thursday September 23rd 7-9pm	Preparing pre-teens for the way forward

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings



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[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

## SEND is everybody's business.



We are launching a new special educational needs and disabilities strategy.

You are invited to find out more about the SEND Strategy, and services and support available in your area at one of our 'SEND is Everybody's Business' events across Hertfordshire.

**7 September**  
Birchwood Community Centre, Hatfield

**16 September**  
The Priory, Ware

**22 September**  
Niland Conference Centre, Bushey

**1 October**  
Stevenage Football club, Stevenage

**10am - 2pm**  
No booking, just drop in

More details on [www.hertfordshire.gov.uk/localoffer](http://www.hertfordshire.gov.uk/localoffer)



**DSPL** | Delivering Special Provision Locally

Achieving quality outcomes

<http://www.dspl5.co.uk/>



# Summer Fun



The Big Summer is back, and will be taking place between 2-22 August across the borough of Welwyn Hatfield. There will be a wide range of fun activities taking place for children, teenagers and families to get involved in.

You can find lots of places to go and things to do from arts and dance to sports. All events and activities are available on the Big Summer event calendar

<https://one.welhat.gov.uk/bigsummer>

Check out Summer Family Activities at:

<https://one.welhat.gov.uk/events>

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



**Fit, Fed and Read Summer 2021** is providing sessions for children aged 8-11years who receive free school meals.

**August 2nd to August 26th**

**10am - 2pm Monday -Thursday**

**Visit the website to find out more:**

<https://sportinherts.org.uk/sport-for-social-change/fitfedread/>

**When booking please use the code FFR2! to ensure your child's free place.**

**This Summer**  
things are looking much happier



This summer, thousands of free weekday spaces are available at activity camps happening across the county for children aged 5 to 16, who are in receipt of benefits related free school meals! Choose from an exciting programme of fun sports, healthy meals and enriching activities!

Your school will have sent you your **HAPPY Booking Code**, which you need to access bookings. Please speak to them if you have not received it.

Got your code? Now book your activity at:  
[sportinherts.org.uk/hafhappy](http://sportinherts.org.uk/hafhappy)

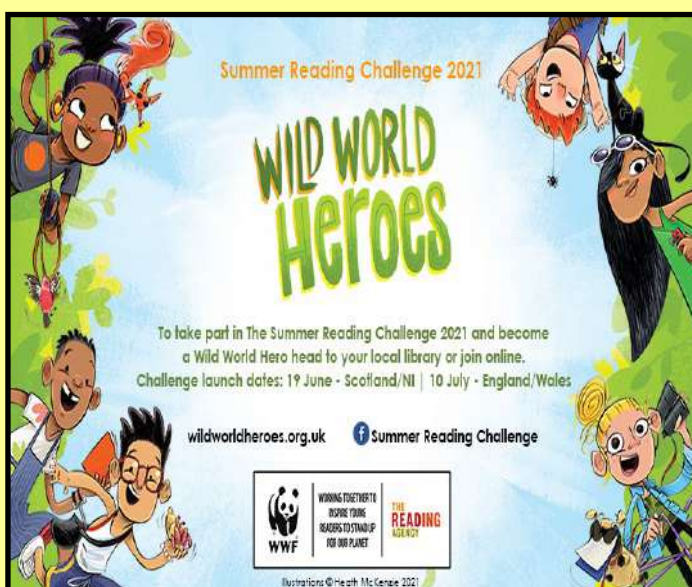


**Supporting Young People in Welwyn Hatfield**

YCH Services for Young People is part of Hertfordshire County Council and provides youth work projects, information, advice, guidance, work related learning and wider support for young people.

Further details on what they offer can be found here:

<http://wgc-hatfieldschoolspartnership.com>



## Child Safety Online: A practical guide for parents and carers whose children are using social media

Social networking is hugely popular. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles.

But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems; and if children never face any risks, they never learn how to deal with them. By helping your child understand what the risks are, you can play a big part in preventing them from turning into problems.

### Why children use social media



### Understand the risks children may need to deal with

#### What they could see or do:

- Seeing or sharing of violent, sexual and pornographic content
- Inaccurate or false information and extreme views
- Promotion of harmful behaviours including self-harm, anorexia and suicide
- Over-sharing of personal information
- Actively or unintentionally getting involved in bullying or hurtful behaviour

#### Who they might meet:

- People who might bully, intimidate or frighten
- People posing behind fake profiles for:
  - Mischief-making
  - Sexual grooming and stalking
  - Blackmail and extortion
  - Identity theft and hacking

#### How this could affect them

- Fear of missing out leading to excessive use or exaggeration
- Getting upset by things they have seen and being uncertain about what to do
- Engaging, or being pressured into engaging in more risky behaviour either by accident or by design
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle
- Creating an online reputation that may create problems for them in the future



## Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- **Ask them to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.
- **Explain** how you can use privacy settings to make sure only approved friends can see posts & images.
- **Check if any of their apps have 'geo-location'** enabled, sharing their location unintentionally.
- **Show them how to report offensive comments** or block people who upset them.
- **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.
- Encourage your child to **come and talk to you** if they see anything that upsets them.

## Keep talking and stay involved

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media. Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues.

Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- People may **not always be who they say they are** online: how can this create problems?
- Why is it **unwise to meet** anyone in the real world that you've only ever met online?
- Even if you think your messages are private, remember that words and images can always be **captured and broadcast**.
- People **present themselves differently online** - do they really look like that? Are they always having that good a time?
- Be aware that screens, and especially being anonymous, can lead people to say things they **wouldn't say to someone's face**.
- What does **being a good friend and a likeable person** online look like?
- There can be **pressure to be part of a particular group** online or to be seen to be **following a certain set of ideas**. How can you take a step back and make your own decisions?

## For more information

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

- [www.childnet.com/sns](http://www.childnet.com/sns)
- [www.internetmatters.org](http://www.internetmatters.org)
- [www.nspcc.org.uk/online-safety](http://www.nspcc.org.uk/online-safety)
- [www.parentzone.org.uk](http://www.parentzone.org.uk)
- [www.thinkyouknow.co.uk/parents](http://www.thinkyouknow.co.uk/parents)
- [www.askaboutgames.com](http://www.askaboutgames.com)

## To make a report

Concerned about online grooming or sexual behaviour online? Contact CEOP: [www.ceop.police.uk](http://www.ceop.police.uk)

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation: [www.iwf.org.uk](http://www.iwf.org.uk)



## Looking after your mental health and wellbeing

### Information for Children and Young People



#### Websites

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Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

<https://www.justtalkherts.org/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)

#### Apps / National websites

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There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

#### Information, advice and guidance

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Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website

<https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a **text messaging service** for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth



Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk) or visit <https://www.ychertfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.

### Further support

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If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northeessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) <a href="http://www.yctsupport.com/">http://www.yctsupport.com/</a> Telephone 01279 414 090	Youth Talk (St Albans) <a href="http://youthtalk.org.uk/">http://youthtalk.org.uk/</a> Telephone 01727 868684
Rephael House (Welwyn and Hatfield) <a href="https://www.rephaelhouse.org.uk/">https://www.rephaelhouse.org.uk/</a> Telephone 020 8440 9144	Signpost (Watford and Hemel areas) <a href="http://signpostcounselling.co.uk/">http://signpostcounselling.co.uk/</a> Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

### Already working with a Service?

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If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

### Need help now?

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If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**