



Parent Post - March 2024



Welcome to our March Newsletter!

- It's been a busy half-term and we've enjoyed meeting and working with lots of professionals, families and young people. We'll be offering our popular Who's in Charge? course again, starting in early May - see pages 4 & 5 for the daytime & evening options. We'll also be offering the 'Transition to Secondary School' sessions in June - please see page 6 for details.

- We've included a list of places where kids eat free (or for £1) over the Easter holiday - see page 3!

- Partner events & services are detailed from page 7 onwards.

Find us on FACEBOOK:

Welwyn Garden City & Hatfield Schools Partnership



- Please take a look at our website for details of help & support available:

<https://wgc-hatfield-schoolspartnerhip.com/>

Other Support Service Contacts are available via our website too.

We'll be back in the office on Monday 15th April.

Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk



Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk



Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

HATFIELD FOODBANK

MAIN LOCATION

Gracemead Church
Gracemead House,
Woods Avenue,
Hatfield,
AL10 8HX

Open Tuesdays
11:30am - 2pm

Car access is via Dellfield Road
Sat Nav use AL10 8EW

PHONE

07504 627359

WEBSITE

<https://hatfield.foodbank.org.uk>

EMAIL

info@hatfield.foodbank.org.uk



An eco-community on a mission to rescue food from landfill

Every week tonnes of fresh and edible food is thrown away by supermarkets in the UK as they clear older stock to make room for the new. Fresh fruit and vegetables, bakery products and store cupboard items which still have days and weeks of life remaining are destined for landfill, adding to the ever growing problem of CO2 emissions and climate change.

Food Rescue Hub rescues this food, crates and crates of it every week, and diverts it to fill tummies, not landfill. We make this food available to our ever-growing community of food rescuers who, like us, don't want to see perfectly good food go to waste. Everyone is welcome to bring their two empty bags and come and rescue food from our Hubs, and in doing so will be contributing to halting climate change.

You can #rescuefood



WGC

The Attimore Hall Pub,
Ridgeway,
Welwyn Garden City, AL7 2AD

09.30 am - 11.00am

TUESDAY

Weekly



HITCHIN

The Half Moon Pub
57 Queen Street
Hitchin, SG4 9TZ

09.30am - 11am

THURSDAY

Weekly

Pay-as-you-feel

Your donation towards your rescue is what keeps our project sustainable and which allows us to recover food for you to rescue. The suggested minimum donation of £5 for two bags of shopping per rescuer but of course any amount you can contribute is very gratefully received.

Pay-it-forward

We run a scheme which enables people to pay a donation in order for someone else who may need it, to get their rescue shopping for free. All donations welcome at our Hubs or via our website. Anyone is welcome to request a pay-it-forward voucher anytime, no questions asked.

PLACES WHERE KIDS EAT FREE (OR FOR £1)

OVER THE EASTER HOLIDAY 2024

Money Saving Central

about 2 weeks ago

PLACES WHERE KIDS EAT FREE (OR FOR £1)
DURING EASTER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free



ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From March 25th - April 12th 2024, kids eat free all day at YO! Sushi when dining with a full-paying adult (minimum £10 spend).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

PARENT/CARER WORKSHOP

Please note that the WGC & Hatfield Schools Partnership courses are only available to our buy-in partner schools. Details of our partner schools can be found here:

<https://wgc-hatfieldschoolspartnership.com/our-schools/>



Who's in Charge?

A FREE 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

DATES:

Tuesday afternoons
from 7th May - 2nd July
(no session Tues 28th May)

TIME: 12:30-2:30pm

VENUE: TBC (within WGC/Hatfield)

To book a place, please use the QR code or go to this link:

<https://forms.office.com/e/hxFuSWEj6f>

<https://forms.office.com/e/hxFuSWEj6f>

Course booking form - Who's in Charge? (8 session course)
Summer daytime 2024





Who's in Charge?

A FREE 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

DATES:

Wednesday evenings
from 1st May - 26th
June (no session 29th
May)

TIME: 6:30-8:30pm

VENUE: Ridgeway
Academy

To book a place, please use the QR code or go to
this link:

<https://forms.office.com/e/CCAfJVw5Ps>

<https://forms.office.com/e/CCAfJVw5Ps>

Made with PosterMyWall.com

Course booking form - Who's in
Charge? (8 session course)
Summer evenings 2024





Is your child moving to Secondary School in September 2024?

Come and join one of our online sessions for Parents/Carers of our partnership schools* led by School Family Workers.

Find out some helpful tips on how best to support your child with the transition to senior school.

10th June 12:30-14:30 Onslow St.Audrey's

11th June 9:30-11:30am Monk's Walk

11th June 12:30-2:30pm Stanborough

12th June 12:30-2:30pm Ridgeway

13th June 9:30-11:30am Bishop's Hatfield

13th June 12:30-2:30pm General session

Transition to Secondary School -
support sessions 2024



Made with PosterMyWall.com

*To book, click on the QR
or go to the link below:*

<https://forms.office.com/e/SqbajkpAR3>

<https://forms.office.com/e/SqbajkpAR3>

*Partnership schools can be viewed at
<https://wgc-hatfieldschoolspartnership.com/our-schools/>

POTENTIAL KIDS

EASTER FUN

BOOKINGS:

potentialkids.org/activities

2ND & 5TH APRIL - FUN RINGS
(8+YRS) 14.00-15.00
GOSLING SPORTS CENTRE

3RD APRIL - FUNZONE
(6+YRS) 19.00-20.45
BIRCHWOOD LEISURE CENTRE

4TH /11TH APRIL - TRAMPOLINING
(5+YRS) 17.45-19.00
GOSLING SPORTS CENTRE

6TH APRIL - FAMILY FOOTBALL
(6+YRS) 16.00-17.00

8TH APRIL - EASTER FUN - COOKING/CRAFTS DECORATIONS/WOOL FELTING
(4-11YRS) 10.30-12.00
(12 PLUS) 13.00-14.30
POTENTIAL TO GROW GARDEN



- **EASTER BUNNY SCAVENGER HUNT**
- **NEST CAKES**



Promoting social inclusion, new friendships, physical activity, life skills, learning and social skills



EMBRACING NEURODIVERSITY



the galleria
OUTLET SHOPPING

Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
www.potentialkids.org.uk



SUPPORTING YOUNG PEOPLE IN WELWYN HATFIELD

Services for Young People

WHAT IS SERVICES FOR YOUNG PEOPLE (SFYP)?

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

PLANNING YOUR FUTURE

Our Advisers can support you with researching your future career options, identifying your skills and strengths, deciding your goals, and even suggesting new possibilities that you might not have previously considered.

Ask at your school, or if you are not in school, work or training, visit the Welwyn Garden City or Hatfield Access Point Projects to talk to one of our team.

WELWYN GARDEN CITY & HATFIELD ACCESS POINT PROJECTS

SfYP Access Point Projects provide young people with access to free and confidential information, advice, guidance and sexual health services.

You can come in and talk to us about:

- Jobs and careers
- Training & apprenticeships
- Independent living skills
- Emotional wellbeing and mental health
- Sexual health services:
 - ✓ Free condoms
 - ✓ Free pregnancy testing
 - ✓ Free chlamydia and gonorrhoea testing
- Finances and housing
- Alcohol, drugs or substance misuse

All young people in Hertfordshire aged 13-19 are welcome at any of our Access Point Projects. They are also available for care experienced young people aged 18-24 and for young people aged 13-24 with any type of disability.

Welwyn Garden City Young People's Centre
Block A Oaklands College
The Campus
College Way
Welwyn Garden City
AL8 6AH

Hatfield Young People's Centre
Breaks Manor
Link Drive
Hatfield
AL10 8TP



Enabling young people to succeed

www.servicesforyoungpeople.org



@HCCSFYP



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



"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"

DSPL | Delivering Special Provision Locally

Achieving quality outcomes

PASSIONATE ABOUT SUPPORTING OUR LOCAL CHILDREN, YOUNG PEOPLE, FAMILIES AND SCHOOLS'

DSPL Area 5 (Welwyn and Hatfield) covers 32 primary schools, 5 secondary schools, 3 special schools and 3 nurseries.

ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

ChildLine: Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111. www.childline.org.uk

Samaritans: 116 123 free to call anytime any age about anything.

Papyrus: Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

Shout: Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. www.giveusashout.org

Young Minds: In urgent need text free 24/7 to 85258 www.youngminds.org.uk

NHS - Hertfordshire NHS Foundation Trust - Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line. Anytime, any age 0800 6444 101

ONLINE HELP

SANDBOX - Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

Stop. Breathe. Think. Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

With YOUTH (Mind Hertfordshire CYP)- children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

Big White Wall/Scape: On-line service for mild Mental Health issues for over 18's, 24/7 www.bigwhitewall.com

Stayalive.app - an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. www.stayalive.app

HELP LINES

Young Minds Helpline - 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. www.hertfordshiremindcyp.org

Just Talk - helping young people in Hertfordshire to talk about their mental health - www.justtalkherts.org

Health for Teens - advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. www.healthforteens.co.uk

Saneline: Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness - including family, friends and carers www.sane.org.uk Tel 0300 304 7000. Open from 4pm to 10pm.

The Mix: Under 25s Free information and support for mental health issues 0808 808 4994 www.themix.org.uk

Anxiety UK: Help and support for anxiety www.anxietyuk.org.uk

COUNSELLING

Contact your GP who can assess your needs and make a referral if appropriate.

NHS - Hertfordshire Partnership NHS Foundation Trust - SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 www.hpft.nhs.uk

Mind in Mid Herts: Over 16's counselling and group work 03303 208100 www.mindinmidherts.org.uk - covers Hertford, St Albans, Stevenage, and Hatfield

Talk in Herts - Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

The Counselling Foundation - St Albans Centre: 18-25 years self-referral, sliding scale charge between £5-£50, GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690 www.counsellingfoundation.org

School Counselling - please speak to your individual school, college & University.

Safe Space Counselling in Schools: The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.

OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

YCT – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abby, Stansted, Hoddesdon, Ware, Bishops Stortford, Stevenage, Letchworth 01279 414 090.

<https://yctsupport.com/>

Signpost Counselling offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495.

<https://oneymca.org/signpost>

Raphael House 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144.

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

Finding private counsellors:

ACP: Association of Child Psychotherapists

www.childpsychotherapy.org.uk

BACP: British Association of Counselling & Psychotherapy

www.itsgoodtotalk.org.uk/therapists

UKCP: UK Council for Psychotherapy

www.psychotherapy.org.uk

Counselling Directory:

www.counselling-directory.org.uk

SPECIFIC HELP

The Ollie Foundation – suicide prevention (information and training)

www.theolliefoundation.org

Grief Encounter: Support with bereavement of a sibling/ parent 0808 802 0111

www.griefencounter.org.uk

CRUSE Support with bereavement 0808 808 1677

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

Winston's Wish – support with bereavement, children, and young people up to age of 35. 08088 020 021,

<https://www.winstonswish.org>

The WISH Centre (Harrow) 020 3137 9044, free service for young people for self-harm.

www.thewishcentre.org.uk

Young Carers in Hertfordshire – practical and emotional support to young people with caring responsibilities. www.ycih.org 01992 58 69 69

Herts Young Homeless – advice and practical support for 16–24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16–17-year-olds call 03003 230130 www.hyh.org.uk

FRANK Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300 123 6600

A-Dash: Help with drug/alcohol issues for under 18s <https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

Spectrum: Help with drug/alcohol issues/recovery for over 18's in Hertfordshire <https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

The Living Room: Daytime group therapy sessions for any addiction, 18+, 0300 365 0304 <https://www.livingroomherts.org/st-albans-huh>

Night Light Crisis Service: Over 18s, Fridays - Monday between 7pm - 2am – Out of hours mental health service 01923 256391 <https://www.stayalive.app/find-help-now/resources-by-area/england/hertfordshire/night-light-crisis-service-hertfordshire/>

Eating disorders: Support for anyone suffering from an eating disorder www.beateatingdisorders.org.uk

First steps ED – 5–17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+) www.firststepsed.co.uk

ADD-vance – support for ADHD and autism 01727 833963 <http://www.add-vance.org/>

Palms Hertfordshire – Positive behaviours, autism, learning disability and Mental health service. 01727 582122 <https://www.hct.nhs.uk/our-services/palms/>

Herts SARC – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net www.hertssarc.org

Herts Domestic abuse Helpline. 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

National Domestic Abuse Helpline 0808 2000 247

Mental Health & Wellbeing Information:



Looking after your mental health and wellbeing

Information for Children and Young People

Websites

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

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

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 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

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.northessexiapt.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) http://www.yctsupport.com/ Telephone 01279 414 090	Youth Talk (St Albans) http://youthtalk.org.uk/ Telephone 01727 868684
Rephael House (Welwyn and Hatfield) https://www.rephaelhouse.org.uk/ Telephone 020 8440 9144	Signpost (Watford and Hemel areas) http://signpostcounselling.co.uk/ 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?

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?

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**

April 2021