



Where to get support during school closures

Emergency Contacts

Organisation	What do they offer?	Contact Details
Children's Services	Emergency safeguarding	0300 123 4043
Samaritans	Crisis mental health support	116 123
Childline	Support for children and young people	0800 1111
National Centre for Domestic Violence	Providing emergency injunctions within two weeks of police involvements	0808 2000 247 www.ncdv.org.uk
Sunflower	Domestic abuse helpline	0808 808 8088 www.hertssunflower.org/herts-sunflower.aspx
Out of hours mental health support	Emergency mental health support. This service operates through the night from 5pm until 9am on weekdays, and around the clock at weekends and on Bank Holidays.	01438 843322
Hertfordshire Nightlight	Out of hours support for people who are distressed or experiencing a crisis. This service is currently via telephone support only due to Covid 19.	01923 256391

	coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice	support/coronavirus-and-your-wellbeing /
Video for parents	Regarding the Coronavirus	https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be https://www.annafreud.org/on-my-mind/
Video for children and young people	Regarding the Coronavirus	https://www.youtube.com/watch?v=ME5lZn4-BAk https://www.annafreud.org/on-my-mind/
Healthy Young Minds	There will be a weekly update via the Healthy Young Minds in Herts website where the information will be shared.	https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak
Just Talk	Helpful advice around managing self-care. There will also be a webpage for young people and families, focussed on how to cope during periods of self-isolation.	www.justtalkherts.org https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx
Unicef	Information regarding Coronavirus	www.unicef.org/coronavirus/covid-19
Family Lives	Free downloads for parents Free downloads with practical tips and ideas for parents	https://www.familylinks.org.uk/free-downloads-for-parents
Netmums	Support and information	https://www.netmums.com/support/netmums-parenting-course-welcome

	Monday: 6pm – 8am Tuesday: 6pm – 11pm Wednesday: 6pm – 11pm Thursday: 6pm -11pm Friday: 6pm – 8am Saturday: 3pm - 8am Sunday: 3pm – 8am	
Child Law Advice	Advice on legal matters to do with child and family law	0300 330 5480 www.childlawadvice.org.uk

COVID - 19 Specific Help

Organisation	What do they offer?	Contact Details
Young Minds	Great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/
Young Minds	The following Young Minds link addresses how to look after your mental health when self isolating	https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/
Centre for Disease Control	Helpful messages on how to talk to children about Coronavirus	www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
Every Mind Matters	Provides general information about looking after your mental health which would be relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing	https://www.nhs.uk/oneyou/every-mindmatters/
Mind	Provides useful information about how to cope if people feel anxious about	https://www.mind.org.uk/information-

Mental Health Support

Organisation	What do they offer?	Contact Details
Single Point of Access	Mental health triage for access to mental health support	0300 777 0707
Mind	Mental health support	0300 123 3393
Young Minds	Parent helpline for children and adolescents with mental health issues	www.youngminds.org.uk/find-help-for-parents/parents-helpline/ 0808 802 5544
Rethink / Give us a shout	Mental health support and advice - online, by phone and via text	Text 'SHOUT' to 85258 www.giveusashout.org www.rethink.org.uk
Mind Hertfordshire Network	Provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone's behalf with the individual's consent.	01923 256 391 https://www.hertsmindnetwork.org/
Sane Line	Emotional support (via email only during Covid 19)	Email: support@sane.org.uk 0300 304 7000 www.sane.org.uk
Support Line	Emotional support for people who are vulnerable	Email: info@supportline.org.uk 01708 765200 www.supportline.org.uk

Parenting Advice

Organisation	What do they offer?	Contact Details
Family Lives	Support and advice relating to all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.	Email: askus@familylives.org.uk 0808 800 2222 www.familylives.org.uk
NSPCC	Information and advice on how to keep children safe, online safety and support for parents.	Helpline: 0808 800 5000 Email: help@nspcc.org.uk www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/
Care for the family	Support and advice linked to relationships, parenting and bereavement.	Helpline: 029 2081 0800 www.careforthefamily.org.uk/family-life/parent-support
Action for children	Support and advice for parents on a range of topics and information on fostering and adoption. Things to do with your child at home during Covid 19.	www.actionforchildren.org.uk/support-for-parents