

Safeguarding Links

Below are a number of resources and links to websites for Students, Parents and Staff to use in order to look after yours and support others Metal Health and Wellbeing. We will continue to update these on a regular basis.

Pupils

Resources:

• [Signposting Info Booklet For Pupils](#)

• [HTHACAMH Pupil Leaflet](#)

Useful Websites/Apps:

• <https://www.childline.org.uk>

• <https://www.nspcc.org.uk>

• <https://youngminds.org.uk>

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

• <https://www.mind.org.uk/information-support/a-z-mental-health/>

Parents and Careers

Resources:

• [Talking About Mental Health With Another Adult Leaflet](#)

• [Supporting Your Own Self Esteem Leaflet](#)

• [Supporting Your Family's Well-being Leaflet](#)

• [Supporting Your Child's Self Esteem Leaflet](#)

• [Supporting Your Child During Exams Leaflet](#)

• [5 Ways To Well-being](#)

• [Parents How to Cope With Change](#)

• [Parent and Carer Engagement Tips](#)

Staff

Resources:

• [Staff End of Day Checklist](#)

- [Staff How to Cope with Change](#)
- [Supporting Pupils Self Esteem Leaflet](#)
- [Supporting Your Self Esteem Leaflet](#)
- [Talking About Mental Health With Another Adult](#)
- [Top Tips For Supporting Pupils](#)

National helplines for adults and children:

Childline:

A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone. 08001111

NSPCC:

This charity works against child abuse - a helpline is available for parents or other adults concerned about a child (0808 8025544).

The Samaritans:

A confidential helpline which offers support and advice to those in emotional distress. - 116 123

Young Minds Parentline:

Offers information and advice to anyone worried about a child or young person under the age of 25.
- 0808 802 5544