

Safeguarding Support @CGS

Please find below contact details and web addresses for organisations where help and advice can be sought if a student experiences problems.

YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

If you are a parent looking for support:

call the free parents' helpline on 0808 802 5544 from 9.30am to 4pm, Monday to Friday
email <mailto:parents@youngminds.org.uk> and YoungMinds will respond to your query.

The charity also has information for parents and carers about mental health. It has an online 'Parents Guide To Support A-Z'. Web address:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. It also shows you where you can get help. It covers: Abuse, ADHD, Anger, Anxiety, Counselling, Depression, Divorce, Domestic Violence, Drugs, Eating Problems, Gender Identity, Grief and Loss, Legal Support, Parent Mental Illness, School Refusal, Self-esteem, Self-harm, Social Media.



If you are a young person looking for help and support:

Things can get better

Whether you want to understand more about how you're feeling, get information about a mental health condition or find out what support is available to you, our guides can help. If you need support with speaking to someone, start with our [guide to reaching out for help](#).

If you are a young person struggling to cope, Shout can provide 24/7 text support. For help, text **SHOUT** to **85258**. Whatever you are going through, if it matters to you, it matters to us.

NSPCC

This site provides a wide variety of advice and support for children

18 or under? Childline offers free, confidential advice and support whatever your worry, whenever you need help call free on 0800 1111 or contact via the web address: <https://www.nspcc.org.uk/>

Childline is **yours** - a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.



Help for adults concerned about a child: You can contact the NSPCC Helpline by calling 0808 800 5000 or emailing help@NSPCC.org.uk. Due to an increase in demand across our service, **our voice Helpline is currently available 10am–2pm Monday to Friday**. You can still email help@NSPCC.org.uk at any time for free, and you don't have to say who you are. If you think a child is in immediate danger, please call the police on 999 straight away.



Talk to the **Samaritans** any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal.

The Samaritans can be contacted by phone on 116123 24 hours a day. If you prefer you can email, write a letter, or access their self-help app. Details can be accessed from the web site below:

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

Kooth is for young people aged 11-18 can visit the website for advice, information, online forums or to get help by speaking to a counsellor between 12pm to 10pm on weekdays, 6pm to 10pm on weekends.

It provides Articles, Discussion Boards, the opportunity to chat with the team about anything that is on your mind (message or live chat), and support in daily journal to track your feelings or emotions and reflect on how you are doing. Visit: <https://www.kooth.com/>



PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

They provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINE247. You can also call them on 0800 0684141, text on 07860 039967, and find help and advice including apps to support your wellbeing on their website: <https://www.papyrus-uk.org/>



As a parent or young person, you can make an appointment to visit your GP to get help and advice about your health and wellbeing.

Find advice and support on the NHS website: <https://www.nhs.uk/>

You can look up services that provide mental health support for young people on the NHS website.

For more general advice, see our mental health hub, which includes advice about:

- talking to children about feelings
- spotting signs of depression in children and teenagers

Dealing with a mental health crisis or emergency <https://www.nhs.uk/nhs-services/mental-health-services/get-urgent-help-for-mental-health/>

If you live in Lincolnshire you can access the **Lincolnshire Partnership NHS Foundation Trust (LPFT)**: A single telephone number that anyone can call 24/7 for advice or to ask for help from Lincolnshire's emotional wellbeing and mental health support services.

LPFT has a lot of information on their website, including advice and self-help videos on the topic of mental health and emotional wellbeing. Call on 0800 234 6342 or visit: www.lpft.nhs.uk/young-people/lincolnshire/young-people



**Family Services Directory
& Local Offer**

Family Services Directory and Local Offer

A website linking to Emotional Wellbeing and Mental Health and the various topics within this such as depression, loneliness and self harm. Clicking on the different topics offers more information and guidance as to where to go or who you can talk to within Lincolnshire.

It can be found at: [Emotional Wellbeing and Mental Health | Lincolnshire FSD \(openobjects.com\)](https://www.lincolnshirefso.com/)

Survivors of Bereavement by Suicide

A UK-based organisation offering peer-led support to people impacted by suicide loss, aiming to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other. To contact them visit: [Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by](#)



Charlie Waller Trust



This website offers expert, evidence-based articles and resources for parents and carers on a range of topics relating to the mental health of young people. This includes tips, support forums and practical activities. Visit: [Parents and Carers Mental Health Resources Library \(charliewaller.org\)](http://charliewaller.org)



Do you think a crime has been committed?

Your local police force will be able to help you.
Call 101 for non-emergency enquiries.

If you have a hearing or speech impairment, use our
textphone service on [18001 101](tel:18001101).

Contact online: <https://www.police.uk/pt/contact-the->



Report Abuse

Visit the online safety hub at The Key to see how to set up parental controls on devices:

<https://assets.thekeysupport.com/company/demos/elearning-parental-controls-on-devices-20-21/index.html#/>

CEOP help children stay safe online.

Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here: <https://www.ceop.police.uk/Safety-Centre/>

The webpage takes you step by step through what to do

Contacting Children's Services

If you suspect or believe a child is suffering, or is likely to suffer, significant harm (including any form of mistreatment or abuse) you should **ALWAYS** report your concerns.

If you live in **Lincolnshire** and if there is no immediate danger to the child, or if you need some advice or information, you can contact the Children Services Customer Service Centre (CSC) on 01522 782111. If it is outside normal office hours, you can contact the Emergency Duty Team (EDT) on 01522 782333



For other local authorities:

North Lincolnshire 01724 296500

North East Lincolnshire 01472 325555 or 326292

East Riding of Yorkshire 01482 39500

South Yorkshire (Doncaster) 0114 273 4855

Nottinghamshire 0115 876 4800

In an emergency always dial 999