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**Covid-19 SAFEGUARDING RESPONSE**

**EMOTIONAL WELL-BEING**

**&**

**SELF-CARE TOOLKIT**

19th March 2020

Dear Parent/Guardian,

As a result of the closure of our School and Nursery Unit due to the COVID -19/Coronavirus, many within our school community will seek advice and help.

Find attached a list of contact details of organisations that maybe useful.

Yours sincerely,

Ciarán Loane

Principal

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| Family Support Services | |
| Image result for Family Support Hub NI | /var/folders/zg/95qz9jnn4g724pk_65v1w2c40000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/family-support-ni.jpg |
| We provide a range of services to young people and their families all over the country, working with organisations and professionals to help build the very best life for children. | The Family Support Website aims to be a comprehensive database of all family support and childcare services in Northern Ireland. |
| /var/folders/zg/95qz9jnn4g724pk_65v1w2c40000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/header.png | Image result for Rainbow project |
| Parenting NI is a Parents Advice Centre, provides free support for parents across Northern Ireland. Parenting NI is committed to supporting all parents and ensuring that their voices are heard whenever decisions are made that will affect them. | The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland. |
| Image result for mind your head support belfast | Image result for EXTERN support services |
| A new mental health campaign called ‘Helping others’ has been launched by the Public Health Agency in partnership with NIAMH. Asking, listening and talking to someone with a mental health problem can start them on the road to recovery. Just a few words can make a massive difference. | Extern works in the Belfast, South-Eastern and Northern Health and Social Care Trust areas to provide an evidence-based programme, called Multi-Systemic Therapy, to families whose children and young people are displaying challenging behaviours. |

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| Image result for lifeline | /var/folders/zg/95qz9jnn4g724pk_65v1w2c40000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/DtWLfCrXgAM7YX-.jpglarge |
| Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland. | We're here round the clock, every single day of the year. We support anyone who needs us through 201 branches across the UK and Republic of Ireland. We know our service can help people before it's too late. |
| PIPS Charity Contact Information | Image result for action for children ni |
| **PIPS Charity is here to provide support to individuals who are considering, or who have at some point considered, ending their own lives. PIPS also provide support to those families & friends who have been touched by suicide** | We help children to fulfil their potential by providing services to support their individual needs. We succeed in helping children and young people to overcome difficulties at an early stage to tackle problems before it is too late. |
| Image result for Lighthouse charity belfast | Image result for Bridge of hope belfast |
| [www.lighthousecharity.com](http://www.lighthousecharity.com)  Provides accessible support services to people who are directly affected by suicide and self-harm | Bridge of hope offers a range of services to support people experiencing stress, trauma or anxiety |
| /var/folders/zg/95qz9jnn4g724pk_65v1w2c40000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/Daisy_white.jpg | Image result for Safer Internet |
| The Drug and Alcohol Intervention Service for Young People (DAISY) provides person-centred programmes for young people and young adults to help reduce the harm caused by their substance misuse.  www.ascert.biz/young-people/getting-help/daisy/ | You don’t need to be an expert on the internet to help keep your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibility and positively  www.saferinternet.org.uk/advice-centre/parents-and-carers |

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| See the source image | image1.jpeg |
| Ruth Ewing, Youth health Advice Nurse  Mobile: 07753310352  [serchealth@setrust.hscni.net](mailto:serchealth@setrust.hscni.net)  SERC Downpatrick – Wednesdays 9.30 to 4.00pm  This is a free and confidential service for all post primary students within Co. Down. | If your son/daughter is self-harming and they do not meet the threshold for a CAMHS referral. Ask your GP for a referral to SHIP who specialise in SH.  It is specific to 11 to 18 year olds who require specialist counsellors to deal with the issues that are causing them distress. |
| **[https://www.cruse.org.uk/sites/all/themes/bootstrap_cruse_www_2018/images/logo/cruse-logo.png](https://www.cruse.org.uk/)** | N:\Pictures\ymca lOGO.png |
| Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people.Newry and Mourne Branch = Tel: 028 3025 2322 Email: newry@cruse.org.uk | D. Malone and her team do amazing work within our school on a weekly basis. However, your son/daughter can also access a range of programmes outside of school also within Co. Down  **Ph** +44 2843723172 **Email** admin@ymca-ireland.net |
| N:\Pictures\GP Out of Hours.jpg | **N:\Pictures\hsc_set.gifGATEWAY** |
| The GP Out of Hours Service for the South Eastern Trust operates overnight from 6pm to 8.00am during the week, and all day Saturday, Sunday and bank holidays.  Tel: (028) 9260 2204 | If you are concerned about the safety or wellbeing of a child or young person contact the Gateway Service.  Gateway is the first point of contact for all new referrals to children’s social work service – Tel: **0300100300** |

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| **NHS RECOMMENDED WEBSITES** | |
| **DEPRESSION** | |
| Image result for young minds | HelpGuide.org Logo |
| A picture containing room  Description automatically generated  If you think you might have depression, you're not alone. Find out more about this common, treatable condition and what to do if you're affected by it  [www.youngminds.org.uk/findhelp/conditions/depression/](http://www.youngminds.org.uk/findhelp/conditions/depression/) | Teenager’s Guide to Depression  Tips and Tools for Helping Yourself or a Friend  www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm |
| **ANXIETY** | |
| Image result for youth anxiety canada | Image result for mind mental health |
| Youth Anxiety Canada promotes awareness of anxiety disorders and provides access to a range of proven resources to help students be pro-active with their own wellbeing  <https://youth.anxietybc.com/> | A picture containing room  Description automatically generatedExplains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.  [www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety](http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety) |
| **Additional Training and Resources** | |
|  | [Image result for zero alliance](https://www.bing.com/images/search?view=detailV2&ccid=OTMBIEyh&id=4DC21E908497F04BC1CC99EF3081589576E0BB4D&thid=OIP.OTMBIEyhm8gg4A4mGONYJQHaC_&mediaurl=https://www.relias.co.uk/hs-fs/hubfs/zero-alliance-logo-with-wording.png?t%3d1510958100951%26width%3d600%26name%3dzero-alliance-logo-with-wording.png&exph=242&expw=600&q=zero+alliance&simid=608053538919481379&selectedIndex=0&adlt=strict) |
| [www.nhs.uk/oneyou/every-mind-matters/your-mindplanquiz](http://www.nhs.uk/oneyou/every-mind-matters/your-mindplanquiz)  This is an NHS online quiz that asks you 5 specific questions and then based on answers provides a step by step plan that advises how to improve emotional wellbeing | Zero Suicide Alliance is a collaboration of NHS stakeholders committed to suicide prevention. They help raise awareness and provide FREE online training which allows people to identify, support and empower anyone who is at risk. |
| belfast-recovery-college | A picture containing room  Description automatically generatedRecovery College offers a range of free courses that are available for anyone with an interest in mental health and wellbeing including: service users, family members and staff.  [Google: Belfast Trust Belfast Recovery](http://www.belfasttrust.hscni.net/BelfastRecovery) College |

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| **CAMHS RECOMMENDED APPS** | |
| Image result for mindful gnats app | Image result for Mindshift app |
| An app to help young people develop mindfulness and relaxation skills. | Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. |
| Image result for Mood Tracker app | Image result for MoodGYM App |
| A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder. | Free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules for you to complete. |
| See the source image | Image result for rise up and recover app |
| **There are over 2,000 meditation apps out there, but Headspace is one of the only ones committed to advancing the field of mindfulness meditation through clinically-validated research. We are committed to ensuring Headspace can actually make an impact in our lives.** | **If you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of time around the world.** |
| Image result for Smiling Mind | Image result for superbetter app |
| **Smiling Mind is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.** | **Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being.** |

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| **PARENTAL SUPPORT OUTSIDE OF SCHOOL** |









![A screenshot of a social media post

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 **Telephone Support Lines for Young People**

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| **Who can**  **Help?** | **What Do**  **They Do?** | **What Topics Can They**  **Help With?** | **How Can They be Contacted?** |
| **INSPIRE Students** | INSPIRE provides advice on how to help and support pupils/ students. | Mental Health  Alcohol and Drugs  Money  Exams  Relationships  Identity | 02890328474 |
| **Lifeline** | Crisis response line for people in distress or despair | Depression  Mental health  Suicidal thoughts  Textphone users (for deaf and hard of hearing): | 08088008000  18001 0808808800 |
| **Childline** | Childline provides support and guidance on multiple topics including: | Bullying  You and your body  Home and Family  Relationships  Sex  School | 0800 1111  [www.childline.org.uk](http://www.childline.org.uk)  1-2-1 counsellor chat |
| **The MIX** | Crisis messenger text service | Alcohol  Homelessness  Suicidal thoughts  General advice  Mental health  Sex/ relationships | 08088084994 |
| **NSPCC** | Advice on safeguarding and child protection issues and somewhere to report concerns  Web support for teenagers | Safeguarding  Child abuse  Child protection | 08088005000  [www.there4me.com](http://www.there4me.com) |
| **Aware** | Aware is a mental health charity working exclusively for those with depression and mental health concerns | Depression  Bipolar disorder | 08451202961 |
| **Frank** | Confidential advice on drugs | Alcohol  Drugs | 03001236600 |
| **SIMON Community** | Support for individuals and families who are at risk of becoming homeless | Homelessness  Housing | 08001712222 |
| **Family Planning Association** | Advice on sexual health | Sexual health  Pregnancy  Contraception  STDs | 03451228687 |
| **Domestic and Sexual Violence Helpline** | Advice for anyone affected by domestic and sexual violence | Domestic violence  Sexual violence | 0808021414 |
| **The Migrant Centre NI** | Financial Health and Well being |  | 07769903471 |
| **Cara-Friend/**  **LGBT Switchboard NI** | Support and counselling for the Gay, Lesbian and Transgender communities | LGBTQ+ advice  Sex and relationship advice | 08088000390 |
| **Women’s Aid** | Specialist services for women, children and young people who have experienced domestic and sexual violence. | Domestic Violence  Sexual violence  Relationships | 08088021414 |
| **Family Support NI** | Website to access support in your area – for a wide range of issues – giving local contact details |  | [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) |