

Mental Health Contact List



Support for parents:

- Coronavirus anxiety: tips on how to protect our children:

<https://www.bbc.co.uk/bitesize/articles/zn443j6>

- Parents' toolkit: tips, links and advice on how to support you and your child's wellbeing and learning:

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

- Pooky Knightsmith's Mental Health channel with ideas and advice for supporting your child's mental health and wellbeing, including anxiety and bereavement:

https://www.youtube.com/channel/UCouKr8JeXinK6v_nf5dWA1A

- YoungMinds Parents Helpline provides information and advice to parents/carers who are worried about a child or young person's wellbeing/mental health.

The service is available 9.30am–4.00pm, Monday to Friday.

Call: 0808 802 5544

[Send a message](#)

- Holding Space: a local charity that offers counselling for children

www.holdingspace.co.uk

Call: 07922851207

Email: contact@holdingspace.org.uk

East Sussex School Health Service:

School Health One Point (SHOP) The front door of our service is the School Health One Point (SHOP). This is a single point of access, referral and advice open from 8.30-5 pm Monday to Friday. Parents/carers can use this line to discuss current or potential referrals, arrange school training or other general advice.

Text Your School Nurse

Aged 11-19? Need emotional support in these unsettling times? Our school nurses are still here to help. Text **07507 332473** to speak to a school nurse who can contact you by text, phone or video

Parents: During these unsettling times, as a parent/carer of child aged between 5-19, you may be worried about your child's health and wellbeing and be unsure about how to get the help you need. Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues. Parent/carers of children aged 5-19 can send a text to: **07507 332473**

Support for pupils:

<p>NSPCC</p> <p>If you're worried about a child, even if you're unsure, contact their professional counsellors for help, advice and support.</p> <p>You can contact them 24 hours a day, 365 days a year by email or through the online reporting form. You can also call the Helpline Monday to Friday 8am-10pm or 9am-6pm at the weekends.</p>	<p>Call: 0808 800 5000</p> <p>Email: help@nspcc.org.uk</p> <p>Website: nspcc.org.uk</p>
<p>Childline</p> <p>Free, confidential helpline or online/email chat available 24/7 for anyone under the age of 19.</p> <p>Children can contact Childline about anything - they are there to support them and help them find ways to cope.</p> <p>Calls to Childline are free, can be made without credit and will not show on the phone bill.</p>	<p>Call: 0800 1111</p> <p>Email: Sign up to send an email</p> <p>Online chat</p> <p>Website: childline.org.uk</p>
<p>Shout:</p> <p>Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support.</p>	<p>https://giveusashout.org/get-help/</p> <p>Text 85258</p>

Kooth:

*Kooth offers emotional and mental health support for children and young people aged between **11 – 24 years** and is available up to 10pm every day.*

<https://www.kooth.com/>