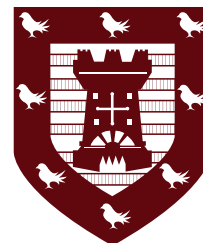




External support for parents

Please note that this list is subject to change as services are outside of the remit of The King Edward VI School.

| Agency / Support | Details | Contact details |
|--|---|--|
| General support for professionals, parents and families | | |
| One Call | NCC Children's services | 01670 536400 |
| Parents Toolkit | BBC site to support parents | www.bbc.co.uk/bitesize/articles/znsxmxc |
| Signposting NE | Support signposting website for a range of services and support | www.signpostnenc.co.uk/?s=&category=39&location=16&a=true |
| Barnabus | Charity with a base in Morpeth who support young people and their families | www.barnabus-northumberland.org.uk 01670 517721 |
| Calmer Therapy | Local charity based in Stobhill who aim to support children and their families | www.calmertherapy.org |
| Northumberland Domestic Abuse Service | Supporting victims of domestic abuse in Northumberland | TMcLaughlin@nda.services |
| NEPACS | 1:1 Support for Young People who are affected by the imprisonment of a parent, sibling or grandparent | AAmin@nepacs.co.uk |
| Young Carers | Support for our young carers | www.northumberland.gov.uk/Children/Young/Young-carers.aspx |
| Be You | An extensive range of resources from NCC | https://en-gb.padlet.com/nies1/beyou |
| Mental Health Support | | |
| CYPS | Children's mental health support | 01670 502700 |
| Crisis Team | Crisis mental health support | 0303 123 1146 |
| NHS Mental Health support | 24 hour NHS assistance for parents | www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline |
| Primary Mental Health Team | Community based mental health support | 01661 864588 |
| Young Minds | National charity committed to improving the mental health of young people | www.youngminds.org.uk |
| Kooth | Online mental health support | www.kooth.com |



| Agency / Support | Details | Contact details |
|--|--|--|
| Qwell | Online mental health support | www.qwell.io |
| Catch it | NHS app to manage feelings of anxiety and depression | www.nhs.uk/apps-library/catch-it/ |
| MineED | Support for families with children's mental health concerns | https://mindedforfamilies.org.uk/young-people/ |
| Anna Freud | Mental Health support for parents, carers and professionals | www.annafreud.org |
| Suicide Prevention | Papyrus is a charity for the prevention of young suicide, offering confidential support and awareness raising | www.papyrus-uk.org |
| Other Healthcare Support | | |
| School Health | Healthcare professionals who work to support the physical and mental health of young people | 01434 636939 |
| School Nurse | Students can text their school nurse for advice and support at any time | 07507 332258 |
| Smoking cessation | NCC service to help students stop smoking | Katie.Taylor01@northumberland.gov.uk |
| Eating disorders | Information to support children and their families with eating disorders | www.beateatingdisorders.org.uk www.anorexiabulimiacare.org.uk |
| Self Harm | Information about self harm | www.selfharm.co.uk |
| Substance Misuse Support | | |
| SORTED | Local based drugs education and support | northumberlandadolescentservices@northumberland.gov.uk |
| ESCAPE | Escape offers a free and confidential service to anyone living in Northumberland who is affected by a loved one's drug and alcohol use | carolyn.brass@escapefamilysupport.org.uk 07767058039 |
| Specialist Safeguarding Support | | |
| Thinkuknow | Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline | www.thinkuknow.co.uk |
| Prevent resources | A useful resource from the Northumbria Police Prevent team whose aim is to prevent radicalisation | https://beta.northumbria.police.uk/advice-and-info/personal-safety/prevent/ |