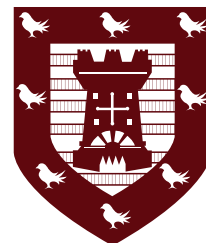




# External support/contact list for parents

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
<b>General support for professionals, parents and families</b>		
One Call	NCC Children's services	01670 536400
Parent toolkit	BBC site to support parents	<a href="https://www.bbc.co.uk/bitesize/articles/znsmyxc">https://www.bbc.co.uk/bitesize/articles/znsmyxc</a>
Signposting NE	Support signposting website for a range of services and support	<a href="http://www.signpostnenc.co.uk/?s=&amp;category=39&amp;location=16&amp;a=true">www.signpostnenc.co.uk/?s=&amp;category=39&amp;location=16&amp;a=true</a>
Barnabus	Charity with a base in Morpeth who support young people and their families	<a href="http://www.barnabus-northumberland.org.uk">www.barnabus-northumberland.org.uk</a> 01670 517721
Calmer Therapy	Local charity based in Stobhill who aim to support children and their families	<a href="http://www.calmertherapy.org">www.calmertherapy.org</a>
Northumberland Domestic Abuse Service	Supporting victims of domestic abuse in Northumberland	<a href="http://www.nda.services/">www.nda.services/</a>
NEPACS	1:1 Support for Young People who are affected by the imprisonment of a parent, sibling or grandparent	<a href="mailto:AAmin@nepacs.co.uk">AAmin@nepacs.co.uk</a>
Be You	An extensive range of resources from NCC	<a href="https://en-gb.padlet.com/nies1/beyou">https://en-gb.padlet.com/nies1/beyou</a>
Young Carers	Support for our young carers	<a href="http://www.northumberland.gov.uk/Children/Young/Young-carers.aspx">www.northumberland.gov.uk/Children/Young/Young-carers.aspx</a>
<b>Mental Health Support</b>		
Young Minds	National charity committed to improving the mental health of young people	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
Kooth	Online mental health support	<a href="http://www.kooth.com">www.kooth.com</a>
Qwell	Online mental health support	<a href="http://www.qwell.io">www.qwell.io</a>
The Mix	A support service for young people, able to help with challenges from mental health to money	<a href="http://www.themix.org.uk">www.themix.org.uk</a> 0808 808 4994
Be You	An extensive range of resources from NCC	<a href="https://en-gb.padlet.com/nies1/beyou">https://en-gb.padlet.com/nies1/beyou</a>
Catch it	NHS app to manage feelings of anxiety and depression	<a href="http://www.nhs.uk/apps-library/catch-it/">www.nhs.uk/apps-library/catch-it/</a>



Agency / Support	Details	Contact details
MineED	Support for families with children's mental health concerns	<a href="https://mindedforfamilies.org.uk/young-people/">https://mindedforfamilies.org.uk/young-people/</a>
Primary Mental Health Team	Community based mental health support	<a href="https://www.northumbria.nhs.uk/our-services/childrens-services/primary-mental-health-work/">https://www.northumbria.nhs.uk/our-services/childrens-services/primary-mental-health-work/</a>
CYPS	Children's mental health support	01670 502700
Crisis Team	Crisis mental health support	0303 123 1146
Anna Freud	Mental Health support for parents, carers and professionals	<a href="http://www.annafreud.org">www.annafreud.org</a>
Suicide prevention	Papyrus is a charity for the prevention of young suicide, offering confidential support and awareness raising	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Other Healthcare Support</b>		
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	<a href="https://www.northumbria.nhs.uk/stopsmoking/">https://www.northumbria.nhs.uk/stopsmoking/</a>
Eating disorders	Information to support children and their families with eating disorders	<a href="https://www.beateatingdisorders.org.uk">https://www.beateatingdisorders.org.uk</a>
Self Harm	Information about self harm	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>
<b>Substance Misuse Support</b>		
SORTED	Local based drugs education and support	<a href="mailto:northumberlandadolescentservices@northumberland.gov.uk">northumberlandadolescentservices@northumberland.gov.uk</a>
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	<a href="https://escapefamilysupport.org.uk/">https://escapefamilysupport.org.uk/</a>
<b>Specialist Safeguarding Support</b>		
Thinkuknow	Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
Prevent resources	A useful resource from the Northumbria Police Prevent team whose aim is to prevent radicalisation	<a href="https://beta.northumbria.police.uk/advice-and-info/personal-safety/prevent/">https://beta.northumbria.police.uk/advice-and-info/personal-safety/prevent/</a>