



Information for parents

Safeguarding support	DSL: Mrs Collinson - admin@biddickhallschool.co.uk DDSL : Mrs O'Neill - joneill@biddickhallschool.co.uk
Social care Advice and support	Early Help Outreach advice – 0191 4246210 (for children over 5), 0191 4246363 (for children under 5 years) Children’s services – 8.30am-5pm – 0191 4245010 Children’s services (out of hours 5pm onwards) – 0191 4562093 Police (non-emergency) – 101 Emergency – 999 Community Police Officers – Please ring 101 and ask for community police NSPCC – 0808 800 5000 https://www.nspcc.org.uk Childline – 24 hour helpline – 0800 1111
Young carer’s support	South Tyneside Young carers – 0191 4272795 http://www.southtynesideyoungcarers.org/ Email: levi@styoungcarers.org.uk - 07387109388
MENTAL HEALTH SUPPORT	KOOTH - free, safe and anonymous online support for young people ages 10-25) Mon-Fri 12pm-10pm, Sat-Sun 6pm-10pm http://www.kooth.com/ LIFECYCLE - Free mental and emotional health support via telephone and face to face appointments. 0191 2832937 CYPS – Free mental health support for young people who are experiencing serious mental illnesses or symptoms of ill mental health. 0191 5665500 ICTS (Crisis) Team – free emergency support for young people who present an immediate risk to themselves or others. 0191 5665500 (under 16), 0303 1231145 (over 16) – then ask for the ICTS team MIND – Mental Health Charity – 0300 123 3393 PAPYRUS – Prevention of young suicide – 0800 068 4141 SAMARITANS – Phone 116 123 – jo@samaritans.org STREETWISE – Free and confidential advice, counselling health and support services for young people aged 11-25 – 0191 230 5400 RETHINK MENTAL ILLNESS – 03005000927 CALM – support for men – 0800 58 58 58 HOPE AGAIN – Bereavement support – 0808 808 1677 MIND – Mental Health Charity – 0300 123 3393 NHS MENTAL HEALTH & WELLBEING - http://www.nhs.uk/conditions/stress-anxiety/depression NHS CHOICES WEBSITE – http://www.nhs.uk FRANK – national drugs information and advice service – 24hours per day – 0300 123 6600 – text 82111 – email - frank@talktofrank.com NATIONAL DOMESTIC VIOLENCE HELPLINE – 0808 2000 247 WELLBEING INFO.ORG – Website with advice, tools and support – http://wellbeinginfo.org 0191 4178043
FOOD BANKS	New Hope Church , South Shields – 0191 4245462 Hospitality and Hope , South Shields – 0191 420 3336 Hebburn Helps – 0191 4899707 Churches Together Food bank , Boldon lane, South Shields– 07833 613393
FINANCE	Financial crisis fund : The Fund provides direct financial support to residents in financial crisis as a result of the Covid-19 pandemic. It is managed by the Welfare Support Team in South Tyneside Homes. Applicants to the scheme should contact 0191 424 7444 or visit https://www.southtyneside.gov.uk/article/35031/Crisis-support
CORONAVIRUS SUPPORT	COVID-19 support for residents – 0191 4247575 – Mon-Fri 8am-6pm, Sat-Sun 9am-1pm – http://www.southtyneside.gov.uk/article/69129/Cornavirus-COVID-19-