

External support/contact list for parents

Please note that this list is subject to change as services are outside of the remit of Stobhillgate First School.

Agency / Support	Details	Contact details
General support for professionals, parents and families		
One Call	NCC Children's services	01670 536400
Parent toolkit	BBC site to support parents	https://www.bbc.co.uk/bitesize/articles/znsmyc
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	www.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
Be You	An extensive range of resources from NCC	https://en-gb.padlet.com/nies1/beyou
Young Carers	Support for our young carers	www.northumberland.gov.uk/Children/Young/Young-carers.aspx
Mental Health Support		
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
Qwell	Online mental health support	www.qwell.io
The Mix	A support service for young people, able to help with challenges from mental health to money	www.themix.org.uk 0808 808 4994
Be You	An extensive range of resources from NCC	https://en-gb.padlet.com/nies1/beyou

Agency / Support	Details	Contact details
MineED	Support for families with children's mental health concerns	https://mindedforfamilies.org.uk/young-people/
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	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
Eating disorders	Information to support children and their families with eating disorders	https://www.beateatingdisorders.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	https://escapefamilysupport.org.uk/
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/