

REPORTING A CONCERN OUTSIDE SCHOOL HOURS AND DURING HOLIDAYS

If you have a concern after school hours, on the weekend or during the holidays, it is extremely important that you seek the appropriate help in an emergency. We want to support our students in dealing with any issues, or concerns, that you may have, but during the evening, weekends and holidays staff are not always available.

Trying to contact teachers out of hours and during school holidays will only delay you or others getting the urgent support that is needed. Students are able to contact any of the organisations on the 'Useful Numbers' and 'Information Websites' page of the planner list for emotional wellbeing and mental health support.

- If you think that you are in danger and need urgent support, you should phone 999.
- If you think that a friend is in danger, you should also phone 999.
- Alternatively, you can inform your parent/carers, or the parents/carers of the friend.
- Students and/or parent cares can make the contact with the police or the local authority in which you live (MASH - Multi Agency Safeguarding Hub).

Local Authority	Telephone number (9am to 5pm weekdays)	Telephone number (after 5pm weekdays and weekends)	Websites
Enfield	020 8379 5555	020 8379 1000	https://cp.childrensportal.enfield.gov.uk/web/portal/pages/home
Barnet	020 8359 4066	020 8359 2000	https://www.barnet.gov.uk/directories/directme/multi-agency-safeguarding-hub-mash-team-childrens
Hackney	020 8356 5500	0208 356 2710	https://hackney.gov.uk/child-protection
Haringey	020 8489 4470	020 8489 0000	https://www.haringey.gov.uk/children-and-families/childrens-social-care/child-protection
Islington	020 7527 7400	020 7527 7400	https://www.islington.gov.uk/children-and-families/contact-us
Waltham Forest	020 8496 2310	020 8496 3000	https://www.walthamforest.gov.uk/families-young-people-and-children/child-protection/multi-agency-safeguarding-hub-mash

EMOTIONAL WELLBEING AND MENTAL HEALTH – GENERAL SUPPORT

Anna Freud Foundation



We nurture and protect children and young people by developing support for infants, children, young people and their families. We provide an evidence base to identify effective interventions for children, young people and their families and develop resources based on our findings.

<https://www.annafreud.org/>

020 7794 2313

Email: info@annafreud.org

Childline



Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors.

childline.org.uk




0800 1111

Good Thinking



London's digital wellbeing service. Range of resources for young people to help improve mental wellbeing including free NHS-approved apps.

<https://www.good-thinking.uk/>

Kooth		
<p>Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check whether this is offered in your area.</p>		
kooth.com		
Time to change		
<p>Time to Change was a social movement to change the way people think and act about mental health problems. They work to end mental health stigma and discrimination.</p>		
time-to-change.org.uk (England) timetochangewales.org.uk (Wales)		
YoungMinds		
<p>We nurture and protect children and young people by developing support for infants, children, young people and their families. We provide an evidence base to identify effective interventions for children, young people and their families and develop resources based on our findings.</p>		
https://www.youngminds.org.uk/		

Youth Access		
<p>Advice and counselling network for young people, including details of free local services.</p>		
youthaccess.org.uk		
EMOTIONAL WELLBEING AND MENTAL HEALTH – SUPPORT TO THOSE FROM A BAME BACKGROUND		
Borderline Support		
<p>There are organisations that provide support services specifically to people from a Black, Asian or Minority Ethnic background. We use BAME as an inclusive term for people who don't identify as white – this includes people who are mixed race, asian or from a wide range of ethnic, religious and cultural backgrounds.</p>		
https://borderlinesupport.org.uk/bpd-support/bame/		
EMOTIONAL WELLBEING AND MENTAL HEALTH – PANIC ATTACKS AND OCD		
No Panic		
<p>Charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD).</p>		
nopanic.org.uk/no-panic-youth-hub	0330 606 1174	

EMOTIONAL WELLBEING AND MENTAL HEALTH – EATING DISORDERS**Beat**

Under 18s helpline, webchat and online support groups for people with eating disorders, such as anorexia and bulimia.

beateatingdisorders.co.uk

0808 801 0711
(youthline)
0808 801 0811
(studentline)

EMOTIONAL WELLBEING AND MENTAL HEALTH – SUBSTANCE MISUSE**FRANK**

Confidential advice and information about drugs, their effects and the law.

talktofrank.com

0300 123 6600

REHAB4ADDICTION

Rehab4addiction offer help for a variety of addictions, not limited to alcohol. You can also get help for addiction to drugs such as cocaine, heroin and other opioids, ketamine, crack cocaine, MDMA, benzodiazepines, prescription drugs, and cannabis. It's also possible to begin treatment to behavioural addiction, such as gambling addiction.

<https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-london>

24-Hour
Addiction
Helpline: 0800
140 4690

EMOTIONAL WELLBEING AND MENTAL HEALTH – VICTIM SUPPORT

Victim Support



Provides emotional and practical support for people affected by crime and traumatic events.

victimsupport.org.uk

0808 168 9111

EMOTIONAL WELLBEING AND MENTAL HEALTH – LGBTQ+

Young Stonewall



Information and support for all young lesbian, gay, bi and trans people.

youngstonewall.org.uk

0800 050 2020

EMOTIONAL WELLBEING AND MENTAL HEALTH – DOMESTIC VIOLENCE

Refuge



Help and support for young people affected by domestic violence.

refuge.org.uk

0808 200 0247

EMOTIONAL WELLBEING AND MENTAL HEALTH – BEREAVEMENT

Hope Again



Support for young people when someone dies.

hopeagain.org.uk

0808 808 1677

empowerHER UK



Empower, support, and connect girls and young women who have experienced the loss of a mother.

<https://www.empowerheruk.org/>

EMOTIONAL WELLBEING AND MENTAL HEALTH – CRISIS

Shout



Confidential 24/7 crisis text support for times when immediate assistance is required.

<https://giveusashout.org/get-help/>

Text "SHOUT"
to 85258

EMOTIONAL WELLBEING AND MENTAL HEALTH – RISK OF SUICIDE

Papyrus HOPELINEUK



Confidential support for under-35's at risk of suicide and others who are concerned about them.
Open daily from 9am–midnight.

papyrus-uk.org

0800 068 41
41
07860 039967
(text)

pat@papyrus-uk.org

Samaritans



Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

samaritans.org

116 123
(freephone)

jo@samaritans.org