



Support for parents

Stories about Coronavirus:

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

The Government advice:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

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Young Minds resources now we are back at school:

Young minds provides advice about mental health and behaviour problems in children and young people up to the age of 25.

Helpline: 0808 802 5544.

Please be aware Young Minds do not provide any direct psychological services or make referrals to the NHS or Children and Young People's Mental Health Services.

<https://youngminds.org.uk/media/4063/parent-helpline-webchat-postcards.pdf>

<https://youngminds.org.uk/media/4066/self-soothing-activities.pdf>

<https://youngminds.org.uk/media/3897/hy-primary-school-kit-web-2020.pdf>

Helplines and websites for your child:

Childline:

Tel: 0800 1111 any time for free

Have an online chat with a counsellor <https://www.childline.org.uk/>

Shout:

Text SHOUT to 85258

Provides free confidential support 24/7 via text for anyone at crisis anytime, anywhere.

Or visit the website: <https://giveusashout.org/>

The Mix:

Tel: 0808 808 4994 for free - lines are open from 11am to 11pm everyday.

This free and confidential service provides a helpline and online service that aims to find young people the best help, whatever the problem.

<https://www.themix.org.uk/>

Talking therapies for adults

Telephone:

[01895 206800](tel:01895206800)

Email:

hillindontalkingtherapies.cnwl@nhs.net

Hillingdon Talking Therapies is a free, confidential NHS service which provides psychological treatment for depression and anxiety disorders.

Talking Therapies and counselling services are suitable for people with problems which have arisen fairly recently. Feelings of low mood, anxiety, particular fears or problems coping with daily life and relationships, are all suitable for brief focussed talking therapies.

Tel: 0800 02 888 40

Website: www.childbereavementuk.org

National services include

- confidential information and support line for families and professionals when a child has died and when a child is bereaved
- web discussion forum for families and for professionals
- resources for bereaved children and young people, families and all professionals

Cruse Bereavement Care

- Freephone National Helpline: 0808 808 1766

Website: www.cruse.org.uk www.hopeagain.org.uk

Many local branches of Cruse offer individual or group support for bereaved children and can be accessed by ringing the helpline or visiting the Cruse website.

Cruse has a special [website](#) for young people. A special feature of this site is a message board where young people can share their experiences and receive replies from trained young supporters.

Winston's Wish

Telephone: Family Line 08088 020 021

Website: www.winstonswish.org.uk

National services include

- national helpline for all those caring for a child or young person who has been bereaved
- website with activities for children and young people and facility to ask questions of a trained clinician

If you have any concerns about your child or require any further advice for support please call the school office and ask to speak with the Inclusion Team.