

SUPPORT

Useful Resources for Parents, Carers, Young People and Educators.

CRISIS MESSENGER

[The Anna Freud Crisis Messenger text service](#) is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

If you need support, you can text AFC to 85258

BUSY THINGS

[BusyThings](#) is offering new starters FREE access to 100s of fun learning activities this summer to help give the best starting school experience.

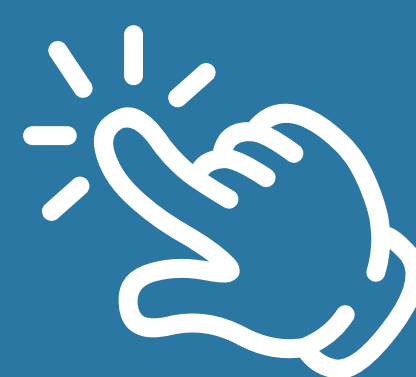
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[FIND A FOOD BANK](#)



[FREE FAMILY DAYS OUT WITH THE KIDS](#)



NSPCC

The NSPCC are here to help 24/7 and children can call their [Childline](#) number on 0800 111

ONLINE WELLBEING

Helping young people to [manage their mental wellbeing online](#) - tips for parents/carers

ONLINE SAFETY CHECKLISTS

[Internet Matters](#) provide age-specific online safety checklists, guides on how to set parental controls, and practical tips to help children get the most out of their digital world.

REPORT REMOVE

Information for parents/carers - a tool to help young people report images and videos online.

[Remove nude images shared online](#)

REPORT CHILD ABUSE

If you think a child or young person is at risk or being abused or neglected, contact the children's social care team at their local council. If you do not know where they live, contact your local council's team, the NSPCC or the Police for advice.

[Report Child Abuse to Local Council](#)

PARENTSAFE

[ParentSafe](#) - helping you to keep your children safe online & beyond

SHORE

[Shore](#) is part of The Lucy Faithfull Foundation. They have anonymous advice and support to help you or someone you know manage worrying thoughts and learn more about living safely both online and offline. All of their services are anonymous, which means you don't have to say who you are.

SHOUT

[Shout](#) is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258

YOUNGMINDS

[YoungMinds](#) are a charity fighting for children and young people's mental health. They want to make sure that no young person feels alone with their mental health, and they can get support, when they need it, no matter what.

THE MIX

The Mix can help with embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. The Mix gives young people the support and tools they need to take on any challenge they are facing.

- Call 0808 808 4994 (7 days a week from 4pm to 11pm)
- Crisis messenger - Text THEMIX to 85258 (24/7 support)
- [Send an email](#) (response within 24 hours)



Safeguarding
Support Ltd
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