

Pastoral Support for Out of School

When School is closed during holidays or in the evenings or at weekends the same support isn't always available. Here are some helpful links. You can also call school on 01282 421142 or text 07715 661361 if you need help with anything



Mental Health

At this time it is completely normal to be feeling a lot of different emotions. It is also okay to feel scared, anxious or upset. But if you are feeling like this it is important to talk to someone about it, these links might help but you can always contact the school and we will help as much as we can.

PAPYRUS
Young suicide prevention society
Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)
Website: www.papyrus-uk.org

Samaritans
Confidential support for people experiencing feelings of distress or despair.
Phone: 116 123 (free 24-hour helpline)
Website: www.samaritans.org.uk

Crisis
The Crisis Team is for those times where you need help immediately
Phone: 01282 628455; 01282 657222 (out of hours)
Website: <https://www.lscft.nhs.uk/crisis>

YoungMinds
Information on child and adolescent mental health. Services for parents and professionals.
Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
Website: www.youngminds.org.uk

ELCAS
East Lancashire child and Adolescent Service
Mental Health services for young people up to 18
Phone: 01282 804804
Website: ELCAS



Safeguarding

Not being in school can be worrying for pupils. If you are going through a hard time, or are worried about someone else who might be these links might help you with some support

NSPCC
Children's charity dedicated to ending child abuse and child cruelty.
Phone: 0800 1111 for Childline for children (24-hour helpline)
0808 800 5000 for adults concerned about a child (24-hour helpline)
Website: www.nspcc.org.uk

We are With you
Advice and support about Drugs, Alcohol and Mental Health
Phone:
Website: <https://www.wearewithyou.org.uk/>

Children's Social Care
Support from Social Services
Phone: 0300 123 6720 (Mon - Fri 08:00-17:00)
0300 123 6722 (Out Of Hours)

Refuge
Advice on dealing with domestic violence.
Phone: 0808 2000 247 (24-hour helpline)
Website: www.refuge.org.uk

Rape Crisis
Support for victims of sexual assault
To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)
Website: www.rapecrisis.org.uk



Online Safety

You are going to be online a lot more, it is important to keep yourself and other safe.

CEOP
Child Exploitation and Online Protection Command, you can report worries here
Phone:
Website: <https://www.ceop.police.uk/safety-centre/>

Net Aware
Advice on apps and the way they work and how to stay safe using them
Phone: 0808 8005002
Website: <https://www.net-aware.org.uk/>

Safer Internet Centre
Advice and guidance for on Online Safety
Phone: N/A
Website: <https://www.saferinternet.org.uk/>

Thinkuknow
Education program about Online Safety
Phone: N/A
Website: <https://www.thinkuknow.co.uk/>

NSPCC Online Safety
Advice and guidance for young people and parents about staying safe online
Phone: 0808 800 5000
Website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Help and Advice

You may feel like there are things that you want to talk to people about but you are unsure where to turn. These Services will be able to help with everything you and your family might need. Some More support services are below along with information from the School, Government and Lancashire County Council about coronavirus.

Bereavement
Cruse Bereavement Care
Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)
Website: www.cruse.org.uk

Victim Support
Support for people who have been the victim of crime
Phone: 0808 168 9111 (24-hour helpline)
Website: www.victimsupport.org

National Careers Service
Advice and guidance for Careers, Further and Higher Education
Phone: 0800 100 900
Website: <https://nationalcareers.service.gov.uk/>

Citizens Advice
Advice and guidance for everything from debt and housing to legal support and Benefits
Phone: 0800 100 900
Website: <https://www.citizensadvice.org.uk/>

LCC Child and Family Wellbeing Service
Excellent local service providing Advice, support and signposting for parents and families in any difficulty with emotional support, housing or behaviour. Can provide parenting courses and access to support in all areas.
Phone: (Burnley) 01282 470707 (Pendle) 01282 470277 Hyndburn (01254 387757) Ribbles Valley (01200 420460)
Website: Find Your Local Service Here



Helplines and Support

BIG WHITE WALL

BullyingUK
Part of family lives

kooth

HARMLESS
support | information | training | consultancy

No Panic
Don't suffer alone
Pick up the phone

NHS
Lancashire & South Cumbria
NHS Foundation Trust
Mental Health
Crisis Team

**we are
withyou**

zone

YOUNGMINDS

**Lancashire
County Council**
Coronavirus Information

**Department
for Education**
Coronavirus Information

GOV.UK
Free School Meals
Application

**COAL CLOUGH
ACADEMY**
Coronavirus Information

