


Emotional support for pupils

Advice and support	<p>Citizen's Advice Bureau, Maidenhead Open 10am – 3:30pm weekdays Friday to Wednesday 0344 411 1444</p> <p>Parenting Special Children https://www.parentingspecialchildren.co.uk/</p>
Anxiety	<div style="text-align: right;">  <p>Child Friendly Explanation of Coron:</p> </div> <ul style="list-style-type: none"> • Social stories about Coronavirus • www.Kooth.com (aimed at KS3 children but can be used for younger children with parental guidance) • Calm Harm – app (can download either on android or iPhone app stores) • Clear Fear – app (can download either on android or iPhone app stores) • CAMHS wellbeing referral through GP, School or parent self-referral - 01628 640300 • https://www.samaritans.org/ Tel: 08457 90 90 90 – Free confidential 24 hr helpline • https://youngminds.org.uk/contact-us/ Tel: 0808 802 5544 – Free confidential parent helpline. If you need urgent help text YM to 85258
Food banks (for donations or food)	<ul style="list-style-type: none"> • Dedworth Green Baptist Church – Contact Sarah - 01753 83200 • Slough Food Bank – 01753 550303
Free School Meals	<ul style="list-style-type: none"> • Brett foundation susanbrett4@aol.co.uk or 07582158849 or via our Facebook page 'the Brett Foundation' or webpage thebrettfoundation.org.uk
Cyber Safety	<ul style="list-style-type: none"> • https://nationalonlinesafety.com/
NSPCC	<ul style="list-style-type: none"> • 0808 800 5000, https://www.nspcc.org.uk
Child Line	<ul style="list-style-type: none"> • 0800 1111
Achieving for Children	<ul style="list-style-type: none"> • 01628 683150 – Option 5
Self-harm advice and support	<p>If you are worried that your child will harm themselves – seek medical advice from your GP or 111.</p> <p>If you are worried that you child is harming themselves and you can't</p>

	<p>stop them take them straight to A&E.</p> <p>Strategies and sources of support can be found:</p> <div data-bbox="954 353 1007 416" data-label="Image"> </div> <p data-bbox="874 421 1091 472">Coping with Self Harm Brochure_FINAL</p> <ul data-bbox="520 456 927 551" style="list-style-type: none"> • NHS strategies booklet • http://www.harmless.org.uk/
<p>Counselling</p>	<ul data-bbox="520 622 1402 831" style="list-style-type: none"> • No. 22 Counselling – parent self-referral https://number22.org/ • http://www.time2talk.org.uk/ Tel: 0118 903 5151- Free Counselling service • https://www.daisysdream.org.uk/ Tel: 0118 934 2604 – Bereavement counselling