



Emotional support for pupils

Advice and support	Citizen's Advice Bureau, Maidenhead Open 10am – 3:30pm weekdays Friday to Wednesday 0344 411 1444
Anxiety	 <p>Child Friendly Explanation of Coron:</p> <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
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"> • NOS website link
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 stop them take them straight to A&E.</p> <p>Strategies and sources of support can be found:</p>  <p>Coping with Self Harm Brochure_FINAL</p> <ul style="list-style-type: none"> • NHS strategies booklet
Counselling	<ul style="list-style-type: none"> • No. 22 Counselling – parent self-referral https://number22.org/

Counselling

Useful web links for counselling

<https://number22.org/>

<http://www.time2talk.org.uk/>

Tel: 0118 903 5151- Free Counselling service

<https://no5.org.uk/children-young-people-counselling/>

Tel: 0118 901 5668- Free counselling service

Anxiety

<https://www.moodjuice.scot.nhs.uk/>

You can also call Breathing Space **0800 83 85 87**

Useful resources for anxiety from Emily

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:38ecf092-1533-43b9-890b-dda52141ced7>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:a745fe06-a115-4a77-abcc-cd8b475df5c0>

SEN

Useful web links SEN

<https://www.parentingspecialchildren.co.uk/>

Self-harm

<http://www.harmless.org.uk/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>

Depression

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

Tel: 08457 90 90 90 – Free confidential 24 hr helpline

Mental Health

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

Tel: 0203 993 5571 – Mental health support

[https://papyrus-](https://papyrus-uk.org/hopelineuk/?gclid=EAlaIQobChMIgamskcCz6AIVhYxRCh19DQLqEAAAYASAAEgIhVfD_BwE)

[uk.org/hopelineuk/?gclid=EAlaIQobChMIgamskcCz6AIVhYxRCh19DQLqEAAAYASAAEgIhVfD_BwE](https://papyrus-uk.org/hopelineuk/?gclid=EAlaIQobChMIgamskcCz6AIVhYxRCh19DQLqEAAAYASAAEgIhVfD_BwE)

Tel: 0800 068 41 41 – Free confidential helpline

<https://youngminds.org.uk/contact-us/>

Tel: 0808 802 5544 – Free confidential parent helpline

If you need urgent help text YM to 85258

Bereavement

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

Tel: 0118 934 2604

Eating Disorders

<https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/>

Support

https://www.themix.org.uk/?gclid=EAlaIQobChMI6Iunifio6AIVxZrVCh145AbzEAAAYASAAEgJutfD_BwE

E-visit museums and galleries around the world

<https://secretldn.com/virtual-tours-museums-galleries/>