




<p><b>Sources of mental health support outside of EHS for Parents and Carers to access for their family.</b></p> 	<p>As well as your own GP the School nurse link is here</p>  <p>Virtual appointments available School Nurse please call the freephone: <b>0808 178 0611</b> and <b>press option 1</b></p>	 <p>Action for Children: <b>0300 123 0907</b> <b>parents.actionforchildren.org.uk</b> <b>www.actionforchildren.org.uk/</b></p> <p>referrals welcomed- various help and support available</p>
 <p>The All Age Wellbeing Portal includes advice and support on a range of topics such as Coping Skills; anxiety, mental health, Reducing Alcohol Intake; Gaming and Gambling; Hearing and Seeing Things Others Don't; etc</p> <p><a href="https://combinedwellbeing.org.uk">https://combinedwellbeing.org.uk</a></p> <p>North Staffs Combined Healthcare: Urgent support <b>0800 0328 728</b> <b>Option 1</b></p>	 <p><a href="https://changes.org.uk/stay-well-cyp/">https://changes.org.uk/stay-well-cyp/</a></p> <p><a href="mailto:staywellcyp@changes.org.uk">staywellcyp@changes.org.uk</a></p> <p>Stay Well recognises that everyone is different. We understand that young people have different mental health needs and, therefore, require different kinds of services. <b>Group sessions and one to one help available</b></p>	 <p>If you are a young person struggling to cope, Shout can provide 24/7 text support. For help, <b>text SHOUT to 85258</b>. Whatever you are going through, if it matters to you, it matters to us.</p> <p><b>www.youngminds.org.uk/young-person/shout-85258/</b></p>
 <p>Whatever you are going through, a Samaritan will face it with you, 24 hours a day, 365 days a year <b>116 123</b> <b>www.samaritans.org</b></p>	 <p><b>PAPYRUS</b> PREVENTION OF YOUNG SUICIDE</p> <p><b>HOPELINE24</b> 0800 068 41 41</p> <p><a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a></p>	 <p>Mind is a mental health charity that is committed to improve mental health. <b>0300 123 3393</b> <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
	 <p>ChatHealth is an easy-to-use text messaging service for a <b>Health visitor</b> between 9am-5pm Monday to Friday. For <b>Parents and carers text: 07520 615 722</b>. <b>For young people text: 07520 615 721</b></p>	 <p>You can talk to Childline about anything. No problem too big or too small. <b>Call 0800 1111</b> <b>www.childline.org.uk</b></p>

 <p><b>Sources of other support outside of EHS</b></p>		<p><b>Citizens Advice</b></p> <p>If you are in <b>financial crisis</b> and live in England or Wales, please call our free national helpline, Help through Hardship, on <b>0808 2082138</b> for free (open Monday to Friday, 9am-5pm, closed on public holidays) to talk confidentially with a trained <b>Citizens Advice</b> adviser.</p>
<p><b>Holistic Domestic Abuse service</b></p> <p><b>operating across Staffordshire and Stoke-on Trent.</b></p> <p>Support for anyone who has been or is at risk of being a victim of domestic abuse, including young people (aged 4-17) in abuse relationships or those who have witnessed abuse.</p> <p><b>For more information about New Era services,</b> please contact: <a href="tel:030030333778">0300 303 33778</a> <a href="mailto:new-era@victimsupport.org.uk">new-era@victimsupport.org.uk</a> <a href="https://www.new-era.uk/">https://www.new-era.uk/</a></p>	 <p><a href="http://www.leekdistrict.foodbank.org.uk/get-help/">www.leekdistrict.foodbank.org.uk/get-help/</a></p> <p><b>Public phone:</b> 01538 373289</p> <p><b>Email:</b> <a href="mailto:info@leekdistrict.foodbank.org.uk">info@leekdistrict.foodbank.org.uk</a></p>	 <p><b>Child exploitation and online protection service</b></p> <p><a href="https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/">https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/</a></p>
 <p>Use BBC Bitesize to help with your homework, revision and learning. <a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a></p>	 <p>An organisation dedicated to give advice on all things concerning alcohol</p> <p><b>Call 0300 123 1110</b> <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></p>	 <p>Honest information about drugs</p> <p><b>0300 1236600</b> <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a></p>