

GRANGE PARK PRIMARY SCHOOL

Where to get support during school closures

Emergency Contacts

Organisation	What do they offer?	Contact Details
Children's Services	Emergency safeguarding	0208 379 2536 (Referrals)
Multi-Agency Safeguarding Hub (MASH)	Onward referrals to Early Help or Social Services	0208 379 5555
Samaritans	Crisis mental health support	116 123
Childline	Support for children and young people	0800 1111
National Centre for Domestic Violence	Providing emergency injunctions within two weeks of police involvements	0207 186 8270 0800 970 2070 (Press option 1) www.ncdv.org.uk
Solace	Domestic abuse helpline	0808 802 5565
Out of hours mental health support	Emergency mental health support. This service operates 24 hours a day.	020 8702 3800
Crisis resolution Enfield	Intensive mental health care in people's homes	020 8702 3800
Child Law Advice	Advice on legal matters to do with child and family law E-mails preferred due to COVID-19	0300 330 5480 www.childlawadvice.org.uk

COVID - 19 Specific Help

Organisation	What do they offer?	Contact Details
Young Minds	Great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronaviruses/
Young Minds	The following Young Minds link addresses how to look after your mental health when self isolating	https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/
Centre for Disease Control	Helpful messages on how to talk to children about Coronavirus	www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html
Every Mind Matters	Provides general information about looking after your mental health which would be relevant during this challenging time and provides top tips to improve emotional wellbeing	https://www.nhs.uk/oneyou/every-mind-matters
Mind	Provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing
Video for parents	Regarding the Coronavirus	https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be https://www.annafreud.org/on-my-mind/
Video for children and young people	Regarding the Coronavirus	https://www.youtube.com/watch?v=ME5lZn4-BAk https://www.annafreud.org/on-my-mind/
Lets Talk Improving Access to Psychological Therapies (IAPT)	Service designed to work with mild to moderate common mental illnesses, including depression and anxiety disorders	020 8342 3012 lets-talk-enfield@nhs.net
Unicef	Information regarding Coronavirus	www.unicef.org/coronavirus/covid-19

Mental Health Support

Organisation	What do they offer?	Contact Details
Enable	Specialist treatment anyone over the age of 18 living in Enfield who is worried about their alcohol or drug use.	0208 379 6010
Mind	Mental health support	0300 123 3393
Young Minds	Parent helpline for children and adolescents with mental health issues	www.youngminds.org.uk/find-help/for-parents/parents-helpline/ 0808 802 5544
Rethink / Give us a shout	Mental health support and advice - online, by phone and via text	Text 'SHOUT' to 85258 www.giveusashout.org www.rethink.org.uk
Community Support and Recovery Team	Treatment and support to people with common mental health issue such as anxiety, depression, and schizophrenia, bi-polar affective disorder, psychotic depression and other psychiatric disorder	58-60 Silver Street, Enfield, EN1 3EP Tel: 020 8379 414
Sane Line	Emotional support (via email only during Covid 19)	Email: support@sane.org.uk 0300 304 7000 www.sane.org.uk
Support Line	Emotional support for people who are vulnerable – available via e-mail currently	Email: info@supportline.org.uk 01708 765200 www.supportline.org.uk
Campaign against living miserably (CALM)	Free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.	0800 58 58 58

