

Staying safe this Autumn

For Hayes School Parents & Carers

Contact details for organisations that you might need for help (for your child or another young person)

•**Alcohol Change UK**- Leading Alcohol support charity
<https://alcoholchange.org.uk/>

•**Bromley Changes**- Offers a range of treatment and support services for young people aged up to 18 who have concerns about their drug or alcohol use
 0208 313 1107

•**Bromley Y**- Offers free, therapeutic support to young people aged below the age of 18
<https://www.bromleywellbeingcyp.org/>

•**Childline**- A counselling service for children and young people 0800 1111

•**CEOP**- Report online sexual abuse or grooming
www.ceop.police.uk

•**Kooth**- provides online support and counselling free
www.kooth.com

•**Papyrus**- Provide confidential help and advice to young people not coping with life and considering suicide or anyone worried about a young person
 0800 068 4141

Refuge- Provide 24 hour support for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf 0808 2000 247

Samaritans- Provide emotional support to anyone in emotional distress or struggling to cope 116 123

SLAM 24 hour crisis line provides 24 hour mental health support 0800 731 2864

Talk together Bromley- provides talking therapies and specialist support for adults registered with a Bromley GP 0300 003 3000

The Mix- Offers free information and support for under-25's about sex, relationships, drugs, mental health, money and jobs. www.themix.org.uk/

Sexting. Did you know?

It is **illegal** to **produce**, **possess**, **store** or **share** indecent, sexual or naked images and videos of anyone under 18: – even if a child allowed it to be taken – **even if a young person takes the explicit photo of themselves** – even if it is shared and distributed between children of the same age.

How to talk to children about sexting

Children are often embarrassed or ashamed to speak about sexting. But young people have said they would like adults to talk to them in an open, honest and non-judgmental way about it.

[NSPCC - leaflet on sexting](#)

Where to find help

If, over the half term holiday, your child finds it to be a tough time then do not worry as there are people who can help your child and give them support.

The School Website signposts you to a variety of different websites and resources to provide you support should you need it:

<https://www.hayes.bromley.sch.uk/home/information/emotional-health-and-wellbeing/>

Emergency Support

•If you or someone else feels unsafe due to their mental health then you/they should go to your nearest **Accident and Emergency Department** where the **psychiatric liaison team** can help

•If you are concerned about an immediate risk of harm – either to your child or to someone else – you should **phone 999** and ask for an ambulance or the police.

Mental Health & Support

My self-care plan - Anna Freud

A set of simple activities and a step-by-step guide to help young people create their own self-care plan.

Wellbeing activities: being kind to yourself - British Red Cross
 A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.

Self-care resources - Anna Freud

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.

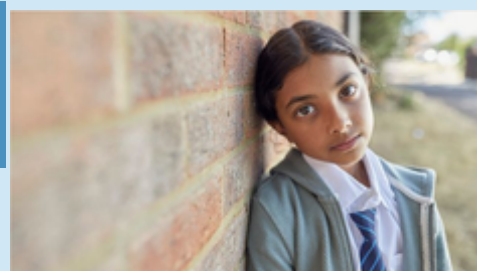


Bromley Children's Project

The Bromley Children Project (BCP) is a borough wide service that supports families living in Bromley to create a safe, secure and happy environment for all children.

Call our parenting hotline 020 8461 7259

NSPCC - is my child ready to be left at home alone?



Is my child ready to be home or out alone?

NSPCC

There actually is no legal minimum age. Take the [quiz](#) to find out if your child is ready.

If you're worried about a child, call the NSPCC on **0800 800 5000**