

Safeguarding & Wellbeing Support: Summer Holidays.

If you have any safeguarding concerns, are worried for your safety or feeling at risk then you can access support via the following services:

Safeguarding & Mental Health Support - Help Lines, Apps and Websites:

- **Young people aged 12-18 living in Sheffield can now access support with issues such as low mood and anxious thoughts by calling 0808 275 8892 Monday to Sunday 9am-9pm.** The helpline is run by wellbeing practitioners who are part of the Door 43 wellbeing service at Sheffield Futures and Sheffield Community and Adolescent Mental Health (CAMHS) workers at Sheffield Children's Foundation Trust. The team can speak to young people who might be struggling with challenges such as exam stress, relationship issues, bullying or feelings of loneliness and isolation.
- **Childline is available on 0800 1111 or via www.childline.org.uk** You can speak to a Childline counsellor online or on the phone from 9am – midnight daily.
- **You can call Samaritans for support any time and it is a free service. Get in touch by calling 116 123 or email jo@samaritans.org** For more information click <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- **By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer who will chat to you via text.** The service is Available 24/7 and is designed to help individuals to think more clearly and to take their next steps to feeling better. See <https://www.giveusashout.org/about-shout/> for more info.

- You can visit www.mind.org.uk for guidance on how to look after your mental wellbeing.
- Visit www.kooth.com for free, safe and anonymous online support for young people.

You can download some apps to help!

- **Calm Harm— Reduce urges to self-harm and manage emotions**
- **Cove— Create music to reflect how you feel**
- **Chill Panda—Use breathing techniques to help you relax more.**
- **Catch it—Learn to manage negative thoughts**
- **SilverCloud—Course to help you manage stress, anxiety and depression.**

The **Safeguarding and Wellbeing sections of Sheffield Park website** also has lots of links to support and advice around mental health, wellbeing and safety. You can access via:

- <https://www.sheffieldpark-academy.org/information/spa-wellbeing> (Wellbeing)
- <https://www.sheffieldpark-academy.org/learning-from-home> (*Safeguarding)

*Please note: if you email the Safeguarding Line over the summer, there may be a delay in contacting you.

Sheffield Safeguarding Children website also has information on how to access a number of support services:

<https://www.safeguardingsheffieldchildren.org/sscb/children-young-people/support-and-advice>

Sheffield Safeguarding Hub 0114 273 4855 – access to a social worker (8:45am - 4:45pm Monday to Friday. All other times, the call will be responded to by emergency duty team)

If you are worried for your safety, in danger and/or at immediate risk then call the Police on 999.