



Supporting Parents and Carers during Self-Isolation and School Closures

We understand that this is a challenging and worrying time not only for our students, but for many of our parents and carers. We have therefore, put together this list of local and national agencies or charities that will offer advice, signpost or support you first hand. We hope you find it useful. All schools in Horsforth are working together to ensure we can support all our family as best we can.

Horsforth Children's Services:



Horsforth Children's Services are based at the Brownlee Stone Centre, Town Street, Horsforth. Please call the team on **0113 336 7724**. Follow Facebook 'Horsforth Children's Service' for regular updates. We are open every weekday all year round. We offer a range of services, including family support, parent advice and signposting, Emotional wellbeing support and advice for children, young people and adults and food bank vouchers.

Call the school and ask for a member of the pastoral team or contact us at pastoralhub@horsforthschool.org.uk, we can support and offer advice; we can refer students for support with mental health.

Mental Health Support, Information and Advice for Adults and Parents/Carers:

Key websites to access

www.leedsmind.org.uk
www.mindmate.co.uk



Mental Health Support for Children and Young people

www.mindmate.org

Teen Connect (13-18 years)

Teen Connect is a helpline for Leeds based 13-18 year olds who are in crisis.

Open 6 pm – 2 am every night of the year. Call, go online or send a text **0771 566 1559**.

Kooth online counselling and emotional wellbeing service

Kooth online counselling is a free, safe and anonymous service for 10-18 year olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums. www.kooth.com



Resist or manage the urge to self-harm

The **Calm Harm app** has been customised for young people in Leeds (aged 12 – 25 years). It helps you resist or manage the urge to self-harm; it has a number of activities including breathing techniques to help reduce symptoms of stress and anxiety.

Safe Zone (11-17 years)

The Safe Zone is a crisis service for young people aged 11-17 in Leeds.

It's open every Monday from 7pm to 10pm – the last drop-in to Safe Zone will be 9.30pm.

Call **0113 819 8189** call before you go.

The Market Place

The Market Place offers free, confidential support in Leeds 11-25 year olds. Call 0113 246 1659. 18A New Market St, Leeds. www.themarketplaceleeds.org.uk



ChildLine

ChildLine (for under 18s) is there for anyone who needs confidential support. Call anytime or chat online. Call 0800 1111 <https://www.childline.org.uk/>

Samaritans

Samaritans is available round the clock, every single day of the year, for anyone who is struggling to cope. Call 116 123 <https://www.samaritans.org/>



Support for Single Parent families:

www.gingerbread.org.uk A UK charity. Visit the site for expert advice and support.

Support for Children who are Carers for a family member:

www.barnados.org.uk/willow



General Support for Parents/Carers:

www.home-startleeds.co.uk Offers advice, support and will signpost

www.relate.org.uk Relate offers live online chats with counsellors