

## **SUPPORT AVAILABLE DURING COLLEGE CLOSURE**

We recognise that during the College closure, extra strain may be put on you and/or your family. Please see below for a number of places you can access different types of support, including wellbeing support if you feel you or your family need it.

### **EMERGENCY SUPPORT:**

#### **Police:**

- If anyone is at risk of imminent harm – please call 999.
- Non urgent cases – please call 101

#### **Children’s Social Care:**

- Daytime call 0345 603 7627 and ask for the CHILDREN AND FAMILIES HUB PRIORITY LINE
- Out of hours call: 0345 606 1212

#### **Adult Social Care:**

- Daytime call 0345 6037630
- Out of hours call: 0300 123 0778

#### **Emotional Wellbeing and Mental Health Services (up to 18)**

- Main line: 03003001600
- Crisis line: 0300 5551201

#### **Adult Mental Health**

- **IAPT – Psychological Therapies** - [https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)
- **Adult Mental Health and Wellbeing Team:** Telephone: 0333 032 2958  
Email: [mentalhealth.wellbeingservice@essex.gov.uk](mailto:mentalhealth.wellbeingservice@essex.gov.uk)

## **NON-EMERGENCY SUPPORT**

The list below is not exhaustive, but includes a variety of organisations that can help families and young people with health, wellbeing and more general issues which may occur.

### **Emotional and Mental Health:**

- **KOOTH:** [www.kooth.com](http://www.kooth.com) - Free, safe and anonymous online support for young people.
- **BIGWHITEWALL:** [www.bigwhitewall.com](http://www.bigwhitewall.com) – A safe community to support mental health for students aged 16+.
- **EWMHS:** Emotional Wellbeing and Mental Health Services - <https://www.nelft.nhs.uk/services-ewmhs/>
- **CHAT:** School nurse text messaging service - 07520615731. A free text support service around emotional health, self harm, relationships, eating and more.
- **YOUNG MINDS:** [www.youngminds.com](http://www.youngminds.com) – providing advice, support and information on mental health issues.
- **MINDFRESH:** <https://mindfresh.nelft.nhs.uk> – the Essex NHS Trust one stop shop for advice.

- **THE MIX:** <https://www.themix.org.uk/> Confidential: support for young people under 25: 0808 808 4994

### APPS

- **CALM HARM:** Calm Harm is an app designed to help people resist or manage the urge to self-harm
- **MIND SHIFT:** is a free **app** designed to help teens and young adults cope with anxiety
- **BREATHE:** Mindfulness - You can use the **Breathe app** to help you relax and focus on your breathing

### COPING WITH ANXIETY RESULTING FROM CORONAVIRUS

- <https://www.anxietyuk.org.uk/coronavirus-support-resources/>
- <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

### Family Support

- **CHELMSFORD FOODBANK:** <https://chelmsford.foodbank.org.uk/> - 450A Beehive Ln, Chelmsford CM2 8RN
- **CHELMSFORD CHILD AND FAMILY WELLBEING SERVICE:** they have hub by the library in County Hall, Chelmsford - 01245 283396. They have lots of info you can pick up, but also run information groups/support groups/talks, etc. If you follow them on social media, they post lots of useful links and events.
- **MINISTRY OF PARENTING** - <http://www.theministryofparenting.com/> offers local support and advice for all aspects of parenting – based in Colchester.
- **PARENT CHUM** - <https://www.parentchum.co.uk/> - A support and advice hub for parents.
- **INTERNET SAFETY:** <https://www.saferinternet.org.uk> for advice on internet safety including gaming etc.
- **DIRECTORY OF SUPPORT:** <https://www.essexeffectivesupport.org.uk/media/1128/directory-of-services.pdf> - Essex County Council's catalogue of support offered to families and young people in the locality.