

Useful contacts and online resources

KOOTH

0800 1111 www.kooth.com

Online counselling and emotional support

Young Minds

0808 800 5000 www.youngminds.com

Helping to prevent neglect and abuse

Young Persons Advice Services

0151 707 1025 www.ypas.org.uk

Provides a range of support and therapeutic services

Papyrus

0800 068 4141 www.papyrus-uk.org

Suicide prevention charity

Knowsley Safeguarding Website

www.knowsley.org.uk

A range of services for adults and children

Emergency Contacts

Children's Social Care

0151 443 2600

If you suspect a child is at risk of harm or neglect, or to access support for yourself

Police

Call 101

For Police advice or to report a non-urgent crime

Emergency Services

Call 999

If a child is believed to be at immediate risk of harm

NHS Huyton Walk-in Centre

0151 244 3150

For medical advice or treatment outside of GP hours



THE DEAN TRUST
Lord Derby Academy

A guide to safeguarding, support and well-being

Safeguarding team

Pastoral team

School health

External support agencies

Emergency support

Signs to look out for might include:

- Significant changes in behaviour
- Self-injury
- Depression or anxiety
- Unexplained injuries
- Extreme anger or sadness
- Withdrawn behaviour
- Attention-seeking behaviour
- Increased absence from school and truancy
- Inappropriate use of language
- Weight change
- Noticeable change in hygiene and appearance

What you can do to support your child

You know your child best.

If you have concerns about their safety, mental health and general well-being, you can:

- Find some space to talk. Listen without judging. Reassure them that you will support them.
- Make use of the available services. Online or telephone support can be readily accessed. Some helpful contacts can be found overleaf.
- Contact your doctor. They can offer you support or refer you to relevant agencies.
- If you have serious concerns for the safety of your child, take them to A&E.

Useful contacts and online resources

Childline

0800 1111 www.childline.org.uk

Help and advice about a wide range of issues

NSPCC

0808 800 5000 www@nspcc.org.uk

Helping to prevent neglect and abuse

National Domestic Abuse Helpline

0808 2000247 www.nationaldahelpline.org.uk

Support and advice for adults and children

The First Step

0151 548 3333 www.thefirststep.org.uk

Domestic abuse charity offering help and support

Samaritans

116123 www.samaritans.org

Talk to someone if you're having a difficult time