

Parents' Guide

Safeguarding, support and well-being

Safeguarding team

Pastoral team

School health

Kooth Counselling

External support agencies

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- Withdrawn behaviour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 can you 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:

1. Find some space to talk. Listen without judging. Reassure them that you will support them.
2. Make use of the available services. Online or telephone support can be readily accessed. Some helpful contacts can be found overleaf.
3. Contact your GP. They can offer you support or refer you to relevant agencies.
4. 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 Help@nspcc.org.uk

Helping to prevent neglect and abuse

Young Persons Advice Service

0151 707 1025 YPAS.org.uk

Provides a range of support and therapeutic services

Samaritans

116123 Samaritans.org

Talk to someone if you're having a difficult time.

Useful contacts and online resources

KOOTH

0800 1111 kooth.com

Online counselling and emotional support.

Young Minds

0808 800 5000 youngminds.com

Helping to prevent neglect and abuse.

Young Persons Advice services

0151 707 1025 YPAS.org.uk

Provides a range of support and therapeutic services.

Papyrus

0800 068 4141 papyrus-uk.org

Suicide prevention charity.

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.