

Appendix 1: Helpful websites and guidance

Supporting the emotional health and wellbeing of pupils that are still attending school and those who are currently learning remotely in their homes, is of increasing importance at this challenging time. Pupils will also need to be able to seek support about Coronavirus related concerns and ongoing challenges that the lockdown may have exacerbated. It is important that when children and young people are at their most vulnerable, they can access high-quality, trusted sources of support. Below are some organisations that pupils can be safely signposted to, depending on their needs.

<p>The Anna Freud National Centre for Children and Families has published advice and guidance for schools on how to help children and young people in primary, secondary and post-16 settings manage their mental health and wellbeing during times of disruption to their learning.</p>	<p>Supporting school and colleges: a guide to supporting the mental health and wellbeing of pupils and students during periods of disruption (PDF)</p>
<p>Childline has created a new webpage with information for children and young people about Coronavirus. The page includes information about: what Coronavirus is; where children and young people can find help if they are worried; coping if they are staying at home; and what to do if they are feeling unwell.</p>	<p>https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</p>
<p>At a time when pupils are likely to increase time spent online for learning and to maintain social connections, it may be prudent to remind your parents of the importance of e-safety.</p>	<p>Net Aware provide guidance around all the popular apps and games, including age and risk ratings.</p> <p>Thinkuknow provides information on staying safe online as well as a range of educational resources that can be utilised for home learning.</p>
<p>The NSPCC has guidance on having difficult conversations with children and young people and has also written guidance on talking to children about the Coronavirus.</p>	<p>https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children/</p> <p>https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/</p>

The NSPCC has produced guidance for staff who are teaching remotely on how to check in with children and support their mental health and wellbeing.	https://learning.nspcc.org.uk/news/2020/march/undertaking-remote-teaching-safely/
Newsround have information on their website about Coronavirus.	https://www.bbc.co.uk/newsround/51896156
The NSCP have produced a Coronavirus resource pack.	https://www.norfolkscb.org/coronavirus-resources-and-advice/
The NSCP have produced a poster on the essential services available to families at this time.	https://www.norfolkscb.org/essential-services-for-families/

Service – what do they offer?	How can they be accessed?	Notes
CADS number for children and young people	0344 800 8029	
Childline Childline can be contacted about anything. There are lots of different ways to get in touch.	Tel: 0800 1111 Visit: www.childline.org.uk Because of the coronavirus, for now, you can only speak to a Childline counsellor online or on the phone from 9am – midnight. The online resources remain accessible at all times.	Children are likely to benefit from watching the short video that explains how to contact Childline and what happens when you do, including how confidentiality is protected.
Thinkuknow Protecting children online and offline	Visit: www.thinkuknow.co.uk/4_7/child/	
Nelsons Journey A Norfolk charity that supports children and young people up to their 18th birthday who have experienced the death of a significant person in their life. They provide a range of support, appropriate for the needs of each child or young person. You can talk to one of their bereavement support workers	Visit: www.nelsonsjourney.org.uk/young-people Call: 01603 431788 Smiles and tears app Online message board	The website has a range of emotional literacy activities that can be adapted for use with young pupils.

<p>about how you're feeling and about the person who died – sad, funny and everything in between. There's no pressure, and they can book sessions when you would find them helpful.</p>		
<p>Norfolk Constabulary</p>	<p>Call: 101 or in an emergency, 999 You can also report online.</p>	
<p>ChatHealth A text messaging service for children and young people aged 11- 19 years, run by the Norfolk Healthy Child Programme. ChatHealth has experienced clinicians waiting to answer and deal with any messages from young people.</p>	<p>Text 07480 635060 to start a conversation. 9am to 5pm Monday to Friday. Messages outside this time frame receive an automated response letting young people know when they will receive a reply and who to contact to get immediate help.</p>	
<p>Norfolk LGBT Provides support for young LGBT+ people and those questioning their sexuality and gender identity.</p>	<p>Email: blah@norfolklgbtproject.org.uk Facebook: BLAH LGBT+ Youth Project hours are 9am - 9pm Because of the coronavirus, for now, phone lines are not being used, but 1:1 support can be arranged over the telephone.</p>	
<p>Thinkuknow Protecting children online and offline</p>	<p>Visit: www.thinkuknow.co.uk/8_10/</p>	
<p>BEAT Beat is the UK's eating disorder charity. We exist to end the pain and suffering caused by eating disorders. We are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder a place where they feel listened to, supported and empowered.</p>	<p>Visit: www.beateatingdisorder.org.uk/support-services Call Youthline: 0808 801 0711 Helplines are open 365 days a year from 12pm–8pm during the week,</p>	

	<p>and 4pm–8pm on weekends and bank holidays.</p> <p>Sometimes lines are busy. If you can't get through immediately, please do try again or try one-to-one web chat.</p>	
<p>Becoming a teen This site is exclusively for teens and tells you everything you need to know about puberty, periods and which products to use!</p>	<p>Visit: www.becomingateen.co.uk</p>	
<p>The Matthew Project Supporting children across Norfolk, with issues around substance misuse and well-being.</p>	<p>Visit: www.matthewproject.org Call Unity Youth Advice Line: 0800 9704866</p>	<p>The website has been updated to include safe using guidance, during Covid-19.</p>
<p>The Rose Project Our dedicated team - consisting of CSE & Therapeutic Practitioners, & Outreach Worker - provides a range of specialist services to young people who are affected by child sexual exploitation (CSE) in Norfolk.</p>	<p>Visit: www.magdalengroup.org/rose-project Call: 0808 800 1037 Live chat also available</p>	
<p>Young Minds Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, our guides can help</p>	<p>Visit: www.youngminds.org.uk</p>	<p>The website has a free activity to help young people identify their support networks.</p>
<p>Frank Honest information about drugs.</p>	<p>Call: 0300 1236600 Text: 82111 Visit: www.talktofrank.com You can also email/live chat from the website. Services available 24/7, with exception of live chat which is 2pm – 6pm 7 days a week.</p>	

<p>iCaSH Norfolk It's never been easier to have a routine sexual health screen; simply order a kit by clicking on the image and it will be delivered to your door in plain packaging. Then complete the test and pop it back to us freepost. These are free, confidential and easy to use.</p>	<p>Call: 0300 300 3030 Postal STI test kits. Visit: www.icash.nhs.uk/contraception-sexual-health/postal-self-test-kits</p>	
<p>MAP Here for young people finding their way. We will continue to provide vital support about issues such as housing, money & mental health. With schools closing and people having to stay home we will also be working to keep people connected and active.</p>	<p>Phone: 01603 766994 Email: info@map.uk.net We have suspended all face to face group work. Our focus is on one to one support and remote support (phone, online).</p>	
<p>The Mix The Mix is the UK's leading support service for young people under 25. They help young people take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.</p>	<p>Visit: www.themix.org.uk Call: 0808 808 4994</p>	<p>Specific information has been added to support young people to cope with the challenges of Coronavirus: Understanding Coronavirus. Health Advice you can trust Feeling bored? 10 fun things you can do at home.</p>
<p>16-19 Health Passport App The Just1Norfolk Health Passport has been developed to support Norfolk 16-19 year olds make the transition into adulthood and to help young people become more independent with their own health needs. The app provides general health information and advice on a variety of topics.</p>	<p>Download from the Apple app store. Download from Google Play store.</p>	