Hello!

Issue 4 - Spring 2021

We hope you have been settling back into school and that you had an enjoyable Easter break. We know things are different right now and hope this newsletter will equip you with up-to-date information and resources to look after your emotional wellbeing.

Firstly an update from the **STAR Workers** and **Primary Mental Health Workers**:

Due to COVID-19, we are still providing a virtual service until it is feasible to meet in person again. This includes virtual drop-ins and staff consultations. These are continuing to work well.

STAR Workers and PMHT are jointly allocated to a cluster of schools, the team currently consists of:

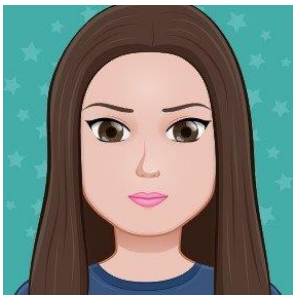
North:

TBC

Justine

North Central:

Emma



Becki

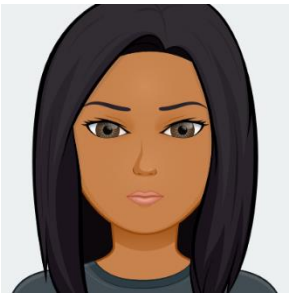
South:

Chance

Trevor

South Central:

Jamila



Aimee

PMHT Admin:

Laura

We raise awareness of emotional wellbeing and support services in the community. We do this by providing resources, information and signposting to services in Havering to support yours and/or your child's needs. We offer regular school consultations, virtually at present via Zoom/WebEx/Teams, **which any member of school staff** can attend to discuss their concerns about particular students.

We also offer virtual parent/carer drop-in sessions (primary school) and student drop-in sessions (secondary school/colleges) to support with emotional health and wellbeing. To book a drop in slot, please discuss with your school. We ask that if you already have an allocated CAMHS Clinician to contact them directly as they will be able to best support your needs.

Our admin Laura will send your school regular invites for staff consultations and drop-ins.

Please see below for a wide range of emotional wellbeing and support services available to you. We hope you find these useful and welcome any feedback.

Primary School

NELFT NHS
NHS Foundation Trust
CAMHS

Havering Child and Adolescent Mental Health Services (CAMHS) offer help to children and young people who are experiencing emotional, behavioural or mental health difficulties. Our services are available to families with children and young people from birth to their 18th birthday. For information on how to refer and access to the referral form, please visit: https://www.nelft.nhs.uk/services-havering-camhs-clinicians/

NELFT NHS
NHS Foundation Trust
CAMHS

Havering CAMHS have put together a list of resources for those aged between 5-11. Keep an eye on the website for new resources and upcoming events.

https://www.nelft.nhs.uk/havering-resources-camhs-age-5-11

Aubrey Keep Library
Keeping you up to date
HEALTH LITERACY FOR PRIMARY SCHOOL
NELFT NHS
NHS Foundation Trust

Health Literacy sessions will be delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include health-related reading groups, assemblies and story times using the Reading Well for Children book list, how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, steps to working in the NHS, raising awareness of fake health news, guest speaker at health-related lessons. For more information please contact the school.

READING WELL for children
reading-well.org.uk

Reading Well for Children – a booklist has been created to support the health and wellbeing of children. The books are available for free at public libraries and targeted at ages 7-11. Book topics include coping with feelings and worries, anger, daily life and getting through a tough time.

For a copy of the list please contact the school or visit www.readingagency.org.uk

ChildLine 0800 1111

ChildLine is here to help anyone under 19 in the UK with any issue they're going through. ChildLine is free, confidential and available any time. You can call **0800 1111, email,** or use **1-2-1 counsellor chat.** Sign Video lets you contact a counsellor through a BSL interpreter: https://www.childline.org.uk/get-support/contacting-childline/#BSL-counselling. There is also 'Ask Sam' which provides the option to write in with your problem and read advice to give to people who have similar problems to you:

https://www.childline.org.uk/get-support/ask-sam/. **Due to COVID-19, please check the website for updates regarding opening times and support offers.**

Samaritans offer a safe place for you to talk any time you like about whatever's getting to you. Support is available on the Freephone number **116 123** and via email at jo@samaritans.org**.** You can also write to them for free. **Samaritans Self-Help App** - keep track of how you're feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis. **Due to COVID-19, please check the website for updates regarding opening times and support offers.**

The Sleep Charity, incorporating The Sleep Council, provides advice and support to empower the nation to sleep better. Visit: https://thesleepcharity.org.uk/. There are so many different factors which can affect children's sleep which you can read about here: https://thesleepcharity.org.uk/information-support/children/

ELSA Support, provide downloadable resources to promote emotional literacy – these are ready to print and use. Website: https://www.elsa-support.co.uk/

Secondary School

NELFT NHS
NHS Foundation Trust

Havering Child and Adolescent Mental Health Services (CAMHS) offer help to children and young people who are experiencing emotional, behavioural or mental health difficulties. Our services are available to families with children and young people from birth to their 18th birthday**.** For information on how to refer and access to the referral form, please visit: https://www.nelft.nhs.uk/services-havering-camhs-clinicians/

MHS 24/7 MENTALHEALTHDIRECT 0300 555 1000

Mental Health Direct is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**. If you already receive support from a mental health team, contact them directly if it is between 9-5pm or Mental Health Direct if out of hours.

NELFT NHS
NHS Foundation Trust
CAMHS

Havering CAMHS have put together a list of resources for those aged between 11-18. Keep an eye on the website for new resources and upcoming events.

https://www.nelft.nhs.uk/havering-resources-camhs-age-11-18.

NELFT Library & Knowledge Service
Keeping you up to date

HEALTH LITERACY FOR SCHOOLS

NELFT NHS
NHS Foundation Trust

Health Literacy sessions will be delivered in schools or virtually due to COVID-19 depending on school policy by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include health-related reading groups and assemblies using the Reading Well Agency- Shelf Help book list, how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, critical appraisal sessions for students considering studying health-sciences, steps to working in the NHS, raising awareness of fake health news, guest speaker at health-related lessons and more. For more information please contact the school.

shout
for support in a crisis

Shout is a free crisis text line for support when feeling anxious, worried, stressed and needing immediate support. Text Shout on **85258.**

Kooth is a safe, free, and anonymous online counselling and support service for young people aged 11-24. Choose how you want to access help, from magazines, forums, activity centres, messaging and live counselling.
Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm. Make an account to access the website, the username can be anonymous. Visit www.kooth.com

ChildLine is here to help anyone under 19 in the UK with any issue they're going through. ChildLine is free, confidential and available any time. You can call 0800 1111, email, or use 1-2-1 counsellor chat. Due to COVID-19, please check the website for updates regarding opening times and support offers.

ChildLine has message boards where young people can talk to each other safely and anonymously or read what other young people have shared. They also have a Calm Zone and interactive site to support children's wellbeing. Visit www.childline.org.uk

Young Minds provides information on mental health, available support and various topics including bullying, anger and exam stress. https://youngminds.org.uk/

Samaritans offer a safe place for you to talk any time you like about whatever's getting to you. Due to COVID-19, there is no face to face service but their phone lines are open anytime 24hrs a day. Support is available on the Freephone number 116 123 and via email at jo@samaritans.org
Samaritans Self-Help App - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis

Barnardo's are offering a helpline and webchat for Black Asian Minority Ethnic group (BAME) children (aged 11+), young people and families affected by Covid-19, available to talk Mon-Fri, 10am-8pm, and Sat-Sun 10am-3pm. Call 0800 1512605 or visit https://helpline.barnardos.org.uk/ for further information and support

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. Information on the website can help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others.
https://www.nhs.uk/oneyou/every-mind-matters/

Charlie Waller is a charity that educates young people, and those with responsibility for them - so parents, educators, employers, GPs and Practice Nurses - about their mental health and wellbeing. You can find out more about their programmes here: https://charliewaller.org/what-we-do. They also have lots of information here: https://charliewaller.org/information and resources here: https://charliewaller.org/resources. Website: https://charliewaller.org/

Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK (open everyday 9am-midnight): Call: **0800 068 4141**; Text: **07860039967**; Email: pat@papyrus-uk.org. They engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills. Website: https://www.papyrus-uk.org/

Five Ways to Wellbeing – a new project that will be starting up in January. It will be running in small groups of 8-10 young people and hopefully be delivered from My Place Centre in Harold Hill. It is for young people who would like to explore different ways to manage their emotional wellbeing. For more information please get in touch with Melinda Yems at melinda.yems@havering.gov.uk or to make a referral please email Melinda

Go Girls – run by Havering Youth Services, this programme benefits young women aged 13-18 who are potentially vulnerable to relationships of power. During the sessions, young women are encouraged to identify their own areas for personal development. Currently takes place at either Harold Hill or Romford. For more information contact Annie or Melinda from Havering Youth Service: Annie: anais.edwards@havering.gov.uk; Melinda: melinda.yems@havering.gov.uk

GoodFellas is a programme delivered by Havering Youth Services at the MyPlace centre for young men aged 13-16 on a variety of topics with the aim of helping them make the transition from adolescence to Manhood. The sessions encourage the development of positive values, responsible behaviour and building life skills. For more information please email Ben at myplace@havering.gov.uk

Tea & Talk is a programme delivered by Havering Youth Services for any young person aged 13-19, or up to 25 with SEND. The programme offers 1:1 support to young people in need, where you can book a half an hour appointment to meet with a fully qualified and experienced youth worker to discuss any issues or concerns you may have. This is either in a face-to-face capacity, or over the phone, with a view to signposting them to another service or youth work offer. The programme also has a host of resources and agencies young people can be signposted to, or given information about, such as sexual health advice, mental health resources and other wellbeing support. Bookings can be made by contacting My Place Youth Centre at myplace@havering.gov.uk or 01708 376004

Wellbeing Workshops is a programme delivered by Havering Youth Services for 13-16 year olds via Zoom. These will be 1hr sessions, once a week x 6 sessions facilitated by a Youth Worker. The workshops will include art, mindfulness and talks around mental health, for more information please contact Melinda Yems melinda.yems@havering.gov.uk

The Mix is a service that provides free, emotional support, guidance and advice for young people under 25 via online, social media and mobile. Information and articles on coping with Covid 19 can be found on 'The Hub' and they have a confidential helpline and webchat for young people to talk to trained supporters about any issue. Call **0808 808 4994** and lines are open 4pm -11pm every day. Webchat: www.themix.org.uk/get-support
Suitable for: Under 25s (Webchat 10-18 year olds). For more information please visit www.themix.org.uk

On My Mind – Anna Freud Centre: https://www.annafreud.org/on-my-mind/. This section of the Anna Freud website aims to empower young people to make informed choices about their mental health and wellbeing. It includes the **Youth Wellbeing Directory**, where you can find free mental health support local to you, and sections on **SHOUT crisis service, self-care ideas** for when you're self-isolating, **loss and bereavement support**, a list of **urgent support offers** and much more. There are also sections on their website outlining help available for parents/carers: https://www.annafreud.org/mental-health-professionals/our-help-for-children-and-families/looking-for-help-parents-and-carers/ and young people

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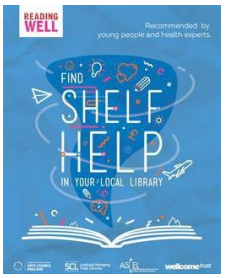

Reading Well for Young People is a list of recommended health books (Shelf Help) for ages 12-18 to support with mental health and wellbeing. The books can be found in public libraries, focussing on a range of topics including depression, anxiety, stress, bullying and exams.
For a copy of the list, please contact the school or visit www.readingagency.org.uk

Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS) provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. The service will now operate on a telephone/e-mail basis only at this time due to COVID-19. Please check the website for the latest updates as this is reviewed on a regular basis. To contact them, complete their online contact and consent form, call **01708 433 885** or email sendiass@havering.gov.uk. Website: www.havering.gov.uk/sendiass

Kidscape provide advice and resources for young people facing a bullying situation. They have online resources with advice for dealing with bullying, cyberbully, friendships and 'frenemies' and feeling better. Please visit https://www.kidscape.org.uk/ for more information. Parents can also use the parent advice line: 0207 823 5430; due to the current situation of COVID-19, they are operating part time during the week Monday to Tuesday, 9.30am-2.30pm (exc. Bank holidays). They can also be contacted through Whatsapp 07496 682785 and e-mail (please provide your mobile number in email: parentsupport@kidscape.org.uk).

YGAM provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource. For more information telephone **0203 837 4963**, email amanda@ygam.org or visit www.ygam.org/

Parents/Carers

NELFT NHS
NHS Foundation Trust
CAMHS

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If you already receive support from a mental health team, contact them directly if it is between 9-5pm or Mental Health Direct can be called if out of hours.

NELFT NHS
NHS Foundation Trust
TALKING Therapies

Havering IAPT (Improving Access to Talking Therapies) is a free NHS therapy service for anyone over 18, who are with a registered GP in Havering. IAPT offers varied approaches of support such as online Cognitive Behavioural Therapy (CBT), individual therapy sessions, workshops and group therapy. If you are experiencing difficulties and would like support you can self-refer by calling **0300 3001554 (option 2)** 9-5pm or by submitting a self-referral form: https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=33deee7f-8db0-435d-ac1c-78a0d990d27a. For more information please visit: https://www.talkingtherapies.nelft.nhs.uk/havering

Havering Adult College
Family Learning
Free courses currently online

Havering Adult College provides free, accredited Family Learning courses to support parents/carers in Havering

Upcoming courses (currently taking place online):

- Supporting Families with Autism
- Supporting Families with Anxiety
- Raising Confident Children
- Understanding Challenging Behaviour
- Supporting Families with ADHD
- Supporting Families with Trauma

- Supporting Families with Emotional Wellbeing
- Keeping Children Safe Online
- Recognising and Safeguarding Against Knife Crime
- Supporting Families and Young People with Healthy Relationships

For more information about these and other courses please contact the Centre Support Team on **01708 434955**, visit their website https://haveringadultcollege.co.uk/product-category/family-learning/ or email familylearning@havering.gov.uk

NELFT Library & Knowledge Service
Keeping you up to date

HEALTH LITERACY FOR SCHOOLS

NELFT NHS
NHS Foundation Trust

Health Literacy sessions are currently delivered **in schools or virtually** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, raising awareness of fake health news, and supporting children's understanding of health information with Reading well agency books. For more information please contact your school.

mind | Havering
for better mental health

Havering Mind- Mind provide support for people (and their carers) on all mental health issues. Currently offering a free crisis counselling and bereavement support service (in partnership with Association of Christian Counsellors) for adults in the borough of Havering affected by COVID-19. For more information please visit https://www.haveringmind.org.uk/services/crisis-counselling-and-bereavement-service/ or call **01708 457040**

mind | Havering
for better mental health

Havering Mind are also offering a COVID-19 support line for those in Havering, Barking & Dagenham worried about coronavirus, looking for ideas to help their mental health and needing a chat. You can call them on **01708 457040**, email at reach.us@haveringmind.org.uk or visit https://www.haveringmind.org.uk/services/gateway-telephone-service/ for further information and support. Support is available Monday to Friday 9am-7pm and Saturday and Sunday 10am-3pm.

EMPOWERING PARENTS EMPOWERING COMMUNITIES

Empowering Parents Empowering Communities (EPEC) run by Havering EPEC provide free courses for parents/carers of children aged 2-11 (Being a Parent) and aged 11-16 (Living with Teenagers) to support parents to bring up happy, self-confident children. **Currently support is online**. For more information please visit https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=79AdZNIJlY8 or call **01708 431024**.

Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS) provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. To contact SENDIASS, complete their online contact and consent form, call **01708 433 885** or email sendiass@havering.gov.uk. Website: https://www.haveringsendiass.co.uk/

Add Up is a local support and action group, for Havering, Barking & Dagenham and surrounding areas. Add Up was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD. No formal diagnosis needed.
For latest updates in regards to COVID-19, please visit: https://www.addup.co.uk/news/
For urgent support, the Add Up mobile is available Monday to Friday from 10am to 4pm – **07495 573836**. Website: https://www.addup.co.uk/

Positive Parents – Havering offer support for families of children with Special Educational Needs and Disabilities aged 0-25 in Havering. For more information call **07858 406933 / 01708 524627** or visit www.positiveparentshavering.org.uk

Sycamore Trust supports parents, carers and individuals affected by Autistic Spectrum Disorders and/or Learning Difficulties. They are currently offering virtual parent groups via Zoom. These groups are a great way to share tips and to meet other parents/carers in the same situation. Numbers are limited so if you would like to join in, please email: familyservices@sycamoretrust.org.uk or call **01708 749816. The Autism Hub in Romford's Liberty Centre will re-open on Wednesday 14th April at 10am.** For the month of April, the Hub will be open every Wednesday and Friday from 10am to 4pm, but will be closed for the remainder of the week. For the foreseeable future, they will still ask people to wear a face mask and observe social distancing whilst on the premises. For more information about the services they offer, please visit: http://www.sycamoretrust.org.uk/

RAGS provide help and support for families who have a child/ children with an Autism Spectrum Disorder https://www.rags-havering.org.uk/. For more information please email info@rags-havering.org.uk

Parent Surgery offer free one-to-one parenting advice and support sessions surrounding their children's behaviour. Currently offering online or telephone appointments. To book a free hourly appointment from 10am to 7pm please call **01708 432636** or email parenting@havering.gov.uk

SNAP (Special Needs and Parents) is for families with children/young people (0-25) who have any special need/disability. Currently, the SNAP Helpline, online directory, online courses, online activity sessions, information sheets and networks are available to families in Havering. For more information visit https://www.snapcharity.org/ or call **01277 211300**

Havering Children's Centres. Please visit their website for updates on re-opening. They have lots of online programmes running and activity sheets with ideas of things to do with your children at home: https://familyserviceshub.havering.gov.uk/kb5/havering/directory/family.page?familychannel=8. If you require any information or advice please contact childrenscentres@havering.gov.uk or telephone **01708 432636**

Peabody offers free short-term support and advice for housing, benefits, debt, budgeting, drug and alcohol problems, advice for carers/cared for and getting mental health support for over 18s. Call **01708 776770** or visit www.peabody.org.uk/care-support

Wize Up provides a free confidential support service, for children and young people under 18 years, and families, with drug and alcohol concerns. Wize Up offers tailored advice, information, workshops and holistic support. Sessions and support are currently virtual via WhatsApp, Zoom, Skype and Microsoft Teams
Under 21s Coronavirus advice page:
https://changegrowlive.org/coronavirus/u21. For more information visit: www.changegrowlive.org/wize-havering, call: **07884 996917** or email: wizeuphavering@cgl.org.uk

Please visit **Young Minds** at https://youngminds.org.uk/ for information on mental health, support available and various topics

including bullying, anger and exam stress. You can call the ParentLine at **0808 8025544** - Monday to Friday 9:30- 4pm for advice if you are worried about your child's mental health condition, emotional wellbeing or behaviour or want advice for how to speak to a GP.

MindEd is free e-learning for mental health awareness and encouraging healthy minds. Available to parents/carers and professionals. All of MindEd is free and open access. To sign up, visit www.minded.org.uk. **Family Lives** provides access to onl ine parent advice for a range of family issues, parent classes, a Parent Helpline **0808 8002222** and resources. For more information please visit www.familylives.org.uk

Family Lives provides access to online parent advice for a range of family issues, parent classes, a Parent Helpline **0808 8002222** and resources. For more information please visit www.familylives.org.uk

Kidscape provide advice and resources for young people facing a bullying situation and their parents. They have online resources with advice for dealing with bullying, cyberbully, friendships and 'frenemies' and feeling better. Please visit https://www.kidscape.org.uk/ for more information. Parents can also use the **Parent Advice Line** Monday to Tuesday 9.30am-2.30pm (excluding bank holidays), call: **0207 823 5430**, WhatsApp: **07496 682785** or email: parentsupport@kidscape.org.uk

YGAM provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource. For more information telephone **0203 837 4963**, email amanda@ygam.org or visit www.ygam.org/

Lifeline Projects – 'Champions Support Network': The Champions Support Network is for parents/carers of young people aged 11-24. Raising and caring for a young person is challenging and this programme allows you to get support from a friendly local. To take part, please email: referrals@lifelineprojects.co.uk. Website: https://www.lifelineprojects.co.uk/

Cruse Bereavement Care: Provides nationwide bereavement support and information. Here to support you after the death of close. Helpline: **0808 808 1677**. Monday - Friday 9.30am - 5pm Tuesday, Wednesday & Thursday 9.30am - 8pm Weekends 10am - 2pm. CruseChat is here to help from 9am - 9pm Monday to Friday. Website: https://www.cruse.org.uk/

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. It contains a dedicated section to support parents and carers to look after their child or young person's mental health. https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/

The AIM Group: have several free online accredited courses accredited courses available to parents/carers to help better understand some key issues around young people's mental health and wellbeing. To be eligible you must be aged 19 or over on or before 31st August 2020, have lived in the UK/EU for 3+ years, not already be on a Government funded course (Apprenticeship for example). If interested, please complete following link: https://formstack.io/TyZSZjXRWndR4L6rW7HXEpqpL8_drGsA9XWS0F15Xgj56D1utKVODIduJM61p1nh2YwHb1Ghzsk0y1K8kKUgVA

Activities

Havering Community Hub is a new online hub for a range of activities, events, support and more for children, young people and adults in Havering. For more information visit https://www.haveringcommunityhub.com/

MyPlace is a youth and community centre based in Harold Hill. **Currently providing online youth clubs, art, musical theatre, football and other workshops and some targeted, socially distanced workshops in person.** Please check MyPlace Facebook for updates and for more information email myplace@havering.gov.uk

Essex Boys and Girls' Club is an all-inclusive youth club based in Upminster for disabled and non-disabled young people from 10+. Please keep updated on their offers here: https://www.essexboysandgirlsclubs.org/ and on their Facebook page, with online activities available. You can also contact them on: **01245 264783** or via their contact form: https://www.essexboysandgirlsclubs.org/get-involved/contact-us/

Havering Active provides information about opportunities to engage in physical activity in Havering. **Please continue to check their website/Facebook page for updates regarding opening times and support offers.** Website: http://haveringactive.co.uk.View their activities calendar here: http://haveringactive.co.uk/index.php/eventscalendar which includes online fitness sessions.

Fairkytes is a community art centre based in Hornchurch offering a wide range of activities for adults and children, including pottery, drawing classes and disco nights (currently activities are being offered virtually). **They are hoping to reopen for under 18s activities only from Monday 12th April 2021.** They are seeking clarification of when adult activities can resume. For information on the clubs and classes on offer, please visit https://www.havering.gov.uk/fairkytes, telephone **01708 456308** or email fairkytes@havering.gov.uk. Please visit their Facebook page for the latest updates.

Oline Safety

Parent Zone offers support and information to parents and schools to help families to navigate the internet safely and confidently and raise resilient children. Offer includes a ParentZone/Shout crisis messenger, parent hub, parent guides, digital resilience games and more. For more information please visit https://parentzone.org.uk/, email info@parentzone.org.uk or call **02076867225**

Net-Aware offers support for parents and carers from the NSPCC with guides to social networks, apps and games and an online safety in COVID-19 lockdown hub https://www.net-aware.org.uk/online-safety-lockdown/. For more information please visit https://www.net-aware.org.uk/

Thinkuknow offers an education programme and advice from the National Crime Agency and Child Exploitation and Online Protection (NCA-CEOP) to support children, young people, families and professionals to keep their young people safe online and offline. Thinkuknow has age-specific websites, for more information please visit https://www.thinkuknow.co.uk/

Internet Matters offers support for parents/carers and schools to keep their children safe online with guides, resources and programmes such as Digital Eagles, age-specific advice and how to set up parental controls. For more information please visit https://www.internetmatters.org/

Parent Info offers support for parents and carers to keep their children safe online with contributions from the leading experts and organisations in matters related to young people and families in a digital world. For more information please visit https://parentinfo.org/

UK Safer Internet Centre offers online safety tips, advice and resources to help children and young people stay safe online. For more information please visit https://www.saferinternet.org.uk/

Counselling Services

A relationship support service providing various types of counselling and relationship workshops. Options of face-to-face counselling and support, phone, email or Live Chat counselling. For more information please telephone **01708441722** or visit www.relate.org.uk

Offer counselling and psychotherapy for children and young people (aged between 5 - 25 years) and their families in the boroughs of Havering, Barking & Dagenham, Redbridge and Waltham Forest
To get in touch **telephone 01708 477663/07449467223**, email info@youandmecounselling.org.uk or visit http://youandmecounselling.org.uk/

Offers professional counselling to adults and children suffering from bereavement or loss. They also offer specialist dementia carers' counselling service and trauma counselling service
For more information telephone **01277 283199**, email enquiries@hbbscounselling.org or visit https://www.hbbscounselling.org/