
Safeguarding and Student Wellbeing Guide



This guide details external resources that offer useful information, safety advice and strategies to support students through a range of safeguarding and wellbeing concerns.

For information on wellbeing support that students can access at college [please click here to visit our website](#).

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Places for Useful Tips and Resources

- Cambridge Citizen Advice www.cambridgecab.org can provide support and guidance around your rights for child contact arrangements.
- Coram Cambridgeshire offers free family law advice to parents regarding legal contact arrangements. For further information please call Coram on 0300 330 5480
- The National Association of Child Contact Centers supports children staying connected with their parents following a separation. They can offer support around supported contact, supervised contact, and handover among many other services. For further information please go to www.nacc.org.uk
- www.gingerbread.org.uk is a website that supports single parents. They offer a wide range of information and advice including child contact arrangements, Housing, Legal Support, Money, and Separation.
- Families Need Fathers – This is a website specifically aimed at fathers who are no longer living with their children. This service provides information about father’s legal rights, how to obtain contact and Parental Responsibility. This also provides opportunities to talk with other fathers who are in the same situation. They can be contacted on their help line which is 0300 0300 363 or at www.fnf.org.uk
- Dads Unlimited, website to offer up practical advice and guidance on the legal and emotional issues around separation/divorce and access to your children. Support a dad, be him Single, Married, Widowed or Full-Time Carer, on everything to do with Parenting, their Mental Health, and their Emotions. More information can be found at www.dadsunltd.org.uk Email: support@dadsunltd.org.uk, Facebook: www.facebook.com/dadsunltd, Twitter: @dadsunltd
- <https://childlawadvice.org.uk/> Child Law Advice is operated by Coram Children’s Legal Centre. We provide specialist advice and information on children, family and education law to parents, carers, and young people in England.
- Citizens Advice Bureau – This service provides a wealth of information for separated parents which includes legal information, housing, finances and organizing contact arrangements – this information can be found at <https://www.citizensadvice.org.uk/>

Anti-Social Behaviour / Crime

- <https://www.victimsupport.org.uk/> Provide information regarding Antisocial Behavior and information about Noise Nuisance, Neighbour Disputes and Threatening Behavior.
- <https://asbhelp.co.uk/> Support and guidance around Anti-Social behavior, outlines the law, harassment, where and how to obtain support and information.
- Victims of a crime - Police Emergency Phone No. 999 Non-Emergency Phone No. 101
Online at <https://www.cambs.police.uk/home>
- Victim and Witness Hub <https://www.cambs.police.uk/information-and-services/Victims-and-Witnesses/Victim-and-Witness-Hub> And their directory of support at <https://www.cambsvictimservices.co.uk/support-directory>
- Embrace – Support for young people who have witnessed crime.
<https://www.embracemh.org/> Referrals from Front Line Police Family Liaison officers, Child protection officers, Victim and Witness Hubs, SARCS

Bereavement services

- Talk to Stars offers support to children and young people who have experienced the death of an important person in their lives and those who know that someone important to them is going to die. Further information can be sought at www.talktostars.org.uk or call 01223 863511
- <https://www.childbereavementuk.org/> Child Bereavement UK, website that provides support, understanding for children around grieve, death and building resilience.
- <https://www.winstonswish.org/> We support children and young people after the death of a parent or sibling. We provide in-depth therapeutic support for bereaved children in individual and group settings. We will help families understand childhood bereavement, offer advice and support through an array of childhood bereavement services.
- Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales, and Northern Ireland. They offer support, advice and information to children, young people, and adults when someone dies. Cruse offers face to face, telephone, email, and website support. For further information please go to www.cruse.org.uk or for information specifically for children and young people please go to www.hopeagain.org.uk

Bullying

- <http://centre33.org.uk/help/bullying/> More help with bullying, Organizations that can help you with bullying problems:
- Kidscape 020 7730 3300
- ChildLine 0800 1111
- Anti-Bullying Campaign 020 7378 1446

Child Sexual Abuse

- Child Exploitation and Online Protection (CEOP) Centre www.ceop.police.uk
- The CEOP Centre is the UK's national police agency set up to tackle child sexual abuse and exploitation. If you are worried about someone's behavior towards a child, either online or offline, you can report this at www.ceop.police.uk.
- Stop it Now! UK and Ireland are a useful website for anyone with concerns about child sexual abuse. The Stop it Now! campaign operates a confidential Freephone helpline for any adult with concerns including those worried about the sexual behavior of another adult towards children, those worried about their own thoughts or behavior towards children and those concerned about the worrying sexual behavior of a child or young person (0808 100 900 or help@stopitnow.org.uk)
- The Lucy Faithfull Foundation www.lucyfaithfull.org.uk the Lucy Faithfull Foundation (LFF) is the only UK-wide child protection charity committed solely to reducing the risk of children being sexually abused. LFF's staff work with all those affected by abuse including adult male and female sexual abusers; young people with inappropriate sexual behaviors; victims of abuse and other family members.
- MOSAC (Mothers of Sexually Abused Children) www.mosac.org.uk MOSAC is a voluntary organisation supporting all non-abusing parents and carers whose children have been sexually abused. They provide advocacy, advice and information, befriending, counselling, play therapy and support groups following alleged child sexual abuse. Visit their website or call their national helpline on 0800 980 1958.
- www.napac.org.uk NAPAC is the National Association for People Abused in Childhood. It is a registered charity providing support and information for people abused in childhood.

- The Internet Watch Foundation - You can report child sexual abuse images hosted anywhere in the world, criminally obscene adult content hosted in the UK and non-photographic child sexual abuse images hosted in the UK, to the Internet Watch Foundation at www.iwf.org.uk.
- Parent Port www.parentport.org.uk Parent Port is a website that has been set up to help parents, grandparents, guardians, and carers make their voices heard in relation to media content they find inappropriate for children.
- CCPAS (The Churches' Child Protection Advisory Service) is the only independent Christian safeguarding charity which provides a 24-hour confidential helpline; Safeguarding policies; Professional training and advice; Disclosure checks; Breaking news updates and Support and resources. CCPAS exist to safeguard both children and vulnerable adults throughout the UK. They work to help those throughout the UK who are, or have been, affected by child abuse and similar issues. They also produce literature for parents. Subjects include the development of children's personal safety skills and helping children who have been abused. For more information and to see their range of free downloadable leaflets visit: <https://www.ccpas.co.uk/info/help>.
- The Blast project is the UK's leading male only sexual exploitation project supporting and advocating for boys and young men. They deliver 1:1 emotional and practical support: group work in educational settings, and training and support for professionals. They also offer an anonymous reporting mechanism on their website for anyone concerned about a boy being sexually exploited. In addition to online and phone support, face-to-face contact is available in Leeds and Bradford and other services are available nationally. More information is available on their website. <https://www.mesmac.co.uk/projects/blast>
- Pace helps parents across the UK understand what is happening to their child and how parents are the prime agents in helping their child exit exploitative relationships. It does this by offering, One-to-one telephone advice and support to parents, facilitating meetings with similarly affected parents for peer support. Advising how to establish rights as parents and work in partnership with statutory agents such as police and social workers. Advice and support when pursuing disruption and prosecution of the perpetrators of child sexual exploitation and befriending scheme. Further information can be found at <https://paceuk.info/>

Counselling

- Youth Access, A place for you to get advice and information about counselling in the UK, if you're aged 12-25. www.youthaccess.org.uk
- Abacus Counselling offers specialist play therapy, counselling and support services for children and young people aged 4 - 25 who have experienced or been affected by

domestic abuse or violence. Further information can be found at www.abusecounselling.co.uk or call 01223 511552

- Counselling and Therapeutic Support for Children aged 5-10 years and young people 11-17 years. Support to children and young people who are adversely affected by traumatic life circumstances, including family change or breakdown, loss, or bereavement, or other social or environmental difficulties with which they feel they require additional help. http://www.relatecambridge.org.uk/children_counselling.htm

Drugs and Alcohol

- CASUS Cambridgeshire Child and Adolescent Substance Use Service, At CASUS we provide information, support, and specialist treatment in Cambridgeshire, around drug and alcohol use, to young people under 18 and their families. Our website contains information on our services, including how to refer yourself, or somebody else, and lots of information and advice around drugs, alcohol, and mental wellbeing. The service has been commissioned by Public Health England since April 2010, when CASUS was awarded the contract to work with young people, and their families, who have drug and alcohol concerns, issues or problems and live in Cambridgeshire. More information can be found at <https://www.cpfh.nhs.uk/casus/>
- <https://www.talktofrank.com/> Find out everything you need to know about drugs, their effects, and the law. Talk to **Frank** for facts, support and advice on drugs and alcohol. Includes Franks A to Z of drugs. It includes all the slang names and all the facts.,
- <https://www.changegrowlive.org/> Aspire Recovery Service – Peterborough / Change Grow Live, Provides advice, support, local services for those in crisis. Support for anyone with an addiction to drugs. Helpline open 10am – midnight every day. Call 0300 999 1212.
- Cocaine Anonymous Support for anyone struggling with a cocaine problem. Helpline open 10am - 10pm every day. Call 0800 612 0225.
- Alcoholics Anonymous Support for anyone with an addiction to alcohol. Helpline open 10am - 10pm every day. Call 0800 917 7650.

Disability

- <https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire> Guide to services within Cambridgeshire, including School and Health Visiting, Community Nursing Services. Family Partnership, Emotional Health, Children Physiotherapy, Occupational Therapy, Speech, and Language and Community Pediatric.
- Pinpoint are a service for parents of children with additional needs, they offer information that parents, and carers can trust, they provide support groups across the county and provide the opportunity to get involved in making decisions about services such as health, social care, and education. You can seek further information at www.pinpoint-cambs.org.uk or call 01480 499043
- Little Miracles is a service across Cambridge, Ely, and Newmarket. They are a parent led support group and support families with children that have autism, additional needs, disabilities, and life limited conditions as well as their careers and siblings. Further information can be found at www.littlemiraclescharity.org.uk/
- Parents can take their pre-school children to a drop-in to talk about the child's speech, language and communication and any concerns they may have with a speech and language therapist or assistant. Drop-ins are held at clinics or health centers. Further information can be found at www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/specialist-services/childrens-speech-and-language-therapy/my-child/drop-in-to-see-us
- If you have any additional queries in relation to school support for children with Special Education Needs and Disabilities, we recommend you contact the Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) who offer impartial and confidential information, advice, and support to parents and carers who have a child or young person with special educational needs (SEN) or a disability or have concerns that their child has special educational needs.
- They also offer impartial and confidential information, advice and support to young people and children with special educational needs (SEN) or a disability who have concerns they may have special educational needs. Further information can be sought at www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/local-offer-care-and-family-support/send-information-advice-and-support-service-sendiass/ or alternatively you can call the team on 01223 699214
- The Special needs Community Information Point (SCIP) offer information on activities and support; news and events; they offer a support network where parents can request specific information to your family's needs via telephone or email; and they offer a SCIP card that is produced for families who, on occasion, may need support whilst out with their child, especially where the condition is not visibly evident, or when a child is reaction to a situation,

such as loud noises, or is in an uncomfortable situation and reacting in a way that draws attention. Further information can be found at

www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/local-offer-care-and-family-support/information-and-advice-scip/

- The Disabled Children's Early Help Team enables disabled children and young people to develop the skills to Prepare for Adulthood, to access community activities and to increase independence skills. This is achieved through an allocation of a personal budget that can be used for agreed activities or support. This support will provide the carers with a short break. To begin the process please call the Contact Centre on 0345 045 5203
- The National Autistic Society offers information and advice for people who are on the Autism Spectrum, they also provide information around the diagnosis process and what to expect. Further information can be found at www.autism.org.uk/
- <http://www.talkingpoint.org.uk/> Talking Point gives parents/carers and practitioners the information they need to help children develop their speech, language, and communication skills

Domestic Abuse Services

- National Centre for Domestic Violence – This service provides fast free support to access emergency injunctions or legal advice - you can access their support online at www.ncdv.org.uk or 0800 970 2070.
- Women's Aid – This service provides support to women who have been or are in an abusive relationship. They offer advice regarding housing, finances, and access to counselling - you can access their support at www.womensaid.org.uk or 0808 2000 247.
- <https://rightsofwomen.org.uk/> website providing women with free, confidential legal advice by specialist women solicitors and barristers, enabling women to understand and benefit from their legal rights, advice, and guidance on non-molestation orders.
- <https://loverspect.co.uk/> Women's Aid is the national charity working to end abuse against women and children. We want you to be empowered to talk about what relationship abuse is and what is healthy and unhealthy in your relationships.
- ManKind - is a support service specifically for men who have been or are in an abusive relationship. They support you with legal issues, accessing injunctions and non-molestation

orders. This support can be accessed via their website - www.new.mankind.org.uk or 01823 334244.

- Men's Advice Line - is another support service for men who have been in an abusive relationship. You can find out more at www.mensadvice.org.uk or 0808 801 0327
- The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help victims and survivors to make sense of and understand what has happened, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. The programme usually lasts for 11 or 12 weeks and is FREE. It is provided by hundreds of agencies across the UK. The Freedom Programme can also be completed online at a cost of £12.
- Respect is a service for perpetrators of domestic violence, they work with perpetrators, victims, and young people. Further information can be found at www.respect.uk.net
- <https://www.hestia.org/brightsky> Bright Sky is a safe, easy to use app and website that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse, or who is worried about someone else.
- The Elms offer free support and practical help to anyone in Cambridgeshire who has experienced sexual abuse. The service is completely confidential, and you do not have to give any personal information to get help, if you would like to speak to someone, they are available 24/7 on 0800 193 5434 or you can seek further information at www.theelmssarc.org
- Recovering Together – A Group Programme for Children and their mothers. The 12-week programme is an integrated community group programme for children and their mothers who have experienced domestic abuse. The current groups are for children in school Year 4 or 5. The programme is currently open to children aged 8-10 (school years 4-5). Contact us for more details at recoveringtogether@cambridgeshire.gov.uk
- <https://www.victimsupport.org.uk/crime-info/types-crime/stalking-and-harassment> Information and support about stalking and harassment, information about keeping safe and services that can help with emotional wellbeing. Advocacy services and personal safety services.
- Referrals to the service can be made via the website www.embracecvoc.org.uk.
<https://embracecvoc.org.uk/>
- Cambridge City, East Cambs and South Cambs - Cambridge Women's Aid - Advice/Outreach 01223 361214
- Fenland, Huntingdonshire & Peterborough - Refuge 07787 255821 (outreach)

- For Baby's Sake (Cambridge City, South Cambridgeshire, and East Cambridgeshire only) <https://www.stefanoufoundation.org/> / forbabysake@cambridgeshire.gov.uk
- Guidance/Support/Self-Referral National Domestic Violence helpline <http://www.nationaldomesticviolencehelpline.org.uk>
- Honour Based Violence Karma Nirvana at <https://karmanirvana.org.uk>
- Resources for LGBT victims - Galop at <http://www.galop.org.uk/domesticabuse/>
- Resources for male victims - https://www.cambsdasv.org.uk/website/male_victims/90534

Eating Disorders

- <https://eating-disorders.org.uk/> Provides information and advice if you, or someone you know has, or thinks they may have an eating disorder.
- www.SelfHarm.co.uk: A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and obtain help to overcome difficulties. It also provides information about how to stay safe.
- The National Self-Harm Network: www.nshn.co.uk: provides crisis support, information and resources, advice, discussion, and distractions and is available 24/7. Also supports and provides information for families and carers.

Finances / Money support

- Citizens Advice Bureau – This service provides a wealth of information for parents/carers which includes legal information, housing, finances and organizing contact arrangements – this information can be found at www.citizensadvice.org.uk/ or www.citizensadvice.rural.cambs.org.uk/
- The Money Advice Service is a free and impartial money advice service, set up by the government. It includes information on debt, budgeting, and benefits. Further information can be sought at www.moneyadviceservice.org.uk

Homelessness / Housing issues

Under 18

- Social Care: [0345 045 5203](tel:03450455203)
- Out of Hours Emergency Duty Team: [01733 234 724](tel:01733234724)

18 and over

- Cambridge City Council: [01223 457918](tel:01223457918) / Out of hours: [0844 335 3944](tel:08443353944)
- Jimmy's Night Shelter (24/7): [01223 576085](tel:01223576085)
- Fenland District Council: [01354 654321](tel:01354654321) (all hours)
- East Cambs District Council: [01353 665555](tel:01353665555) / Out of hours: [07710 978900](tel:07710978900)
- South Cambs District Council: [03450 450 051](tel:03450450051) / Out of hours: [01253 501117](tel:01253501117) / Homelessness emergency: [01253 501117](tel:01253501117)
- Huntingdonshire District Council: [01480 388218](tel:01480388218) / Out of hours: [01480 434167](tel:01480434167)
- Peterborough City Council: [01733 864064](tel:01733864064) / Out of hours: [01733 864157](tel:01733864157)

Internet safety

- www.saferinternet.org.uk/ UK Safer Internet Centre is a partnership of three leading charities with a mission to make the internet a better place for children and young people. Where you can find online safety tips, advice, and resources to help children and young people stay safe online.
- **E-safety** resources for parents of teenagers - including things to share with Information and advice for parents and carers on **supporting young people** online. www.internetmatters.org/advice/

Keeping Safe

- NSPCC Underwear Rule teaches children important messages like their body belongs to them and they should tell an adult if they are upset or worried. Further information can be found at www.nspcc.org.uk
- www.thinkuknow.co.uk – This is a website aimed directly at children and young people from the age of 5. The site has sections for different age groups and provides tools and advice to keep safe.
- www.brook.org.uk – This is a sexual health and wellbeing service for under 25's. This includes contraception, pregnancy, STI's, gender, abuse, wellbeing and keeping safe online.
- www.vodafone.com/content/digital-parenting - This website offers advice and tools regarding how to protect children online. This includes "how to guides" for setting parental controls on a range of devices and mobile/internet providers. Advice covers all networks not just Vodafone
- The Kite Trust is Cambridgeshire leading organisation working with LGBT+ young people. They promote the health, wellbeing and including of LGBT+ young people across Cambridgeshire, raising awareness, supporting, and educating the local community. Further information can be found at www.thekitetrust.org.uk

Mental Health Services

- www.samaritans.org.uk 08457 90 90 90 Samaritans provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.
- The Someone to talk to Service is offering telephone support and telephone counselling for 13 – 25-year-olds. Young people should self-refer through the helpline on; Phone: 0333 4141 809 or via Text / WhatsApp to: 07514 783745 (The phones are staffed Mon-Fri 12-5 and 10-1 Saturdays). Outside of this you can reach us via email at help@centre33.org.uk or via our website www.centre33.org.uk
- <https://parents.actionforchildren.org.uk/mental-health-wellbeing/>; provides advice and activities to support children and parents with their mental health and emotional wellbeing
- <https://youngminds.org.uk>; information on different mental health difficulties for young people and their families.
- www.minded.org; provides self-help and guidance for young people and their families.

- <https://charliewaller.org>; offers advice, guidance and resources for young people and their families around mental health.
- https://www.psych.ox.ac.uk/files/news/copy_of_coping-with-self-harm-brochure_final_copyright.pdf; Coping with self-harm - a guide for parents and carers.
- <https://www.keep-your-head.com/assets/1/cyp-at-risk-self-harm-suicide.pdf>; a guide for practitioners working with children and young people at risk of self-harm and suicide.
- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/>: National advice and guidance about self-harm.
- <https://www.keep-your-head.com/assets/1/cyp-at-risk-self-harm-suicide.pdf>
- <https://www.mentalhealth.org.uk/sites/default/files/Truth%20about%20self%20harm%20WEB%20FINAL.pdf>; downloadable resource, The truth about self-harm for children, young people and their friends and families.
- www.SelfHarm.co.uk: A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and obtain help to overcome difficulties. It also provides information about how to stay safe.
- National Self-Harm Network: www.nshn.co.uk: provides crisis support, information and resources, advice, discussion and distractions and is available 24/7. Also supports and provides information for families and carers.
- The Mix offer free 24/7 crisis support via a Crisis Messenger Service - <https://www.themix.org.uk/mental-health/self-harm>
- Childline: Free national helpline for young people offering free confidential advice 0800 1111 www.childline.org
- Chat Health age 13-19 (young person can text 07480 635443 to talk to school nursing about emotional health issues)
- <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>: information and advice for young people who are affected by self-harm.
- https://research.reading.ac.uk/wp-content/uploads/sites/3/2017/04/No_Harm_Done_Young_Peoples_Pack.pdf: advice

for young people who are worried about self-harm.

- <https://kooth.com>: provides self-help and guidance, together with the opportunity to speak to somebody online.
- Anger management support: https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/?gclid=EAlaIQobChMIrKTGif6e3wIVg7TiCh3q4AmREAAAYASAAEgKWTFd_BwE#get-help-for-anger
- Champs Academy - They support Children aged 6 – 16 with Social Confidence, emotional resilience, school transitions, kids/teens online. It is a private service, so parents would need to pay, but they offer courses and one to one CBT style support. <https://www.champs-academy.co.uk/courses/>
- Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you are struggling to cope and you need immediate help. Text SHOUT to 85258. For more information, please visit the website: <https://www.giveusashout.org/>
- <https://nopic.org.uk/the-no-panic-helpline/> - Supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues. Offers a specialist youth helpline for people aged 13-20. The opening hours are 3pm - 6pm, Monday - Friday; 6pm - 8pm, Thursdays and Saturdays. Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7).
- <https://www.themix.org.uk/> a free, confidential telephone and email helpline finding you the best help whatever the problem. Provides free connections to local or national services and can text information to your mobile phone. Sexual, Relationship, Mental Health, Drink, Drugs, Housing, Money, Work and Crime.
- <https://www.headmeds.org.uk/> Straight talk on mental health medication. Listen to other people's experiences and look up your medication to find out about side effects and things you might not feel comfortable asking your GP about.
- www.kooth.com is a free online counselling service for young people aged 11 - 19. They can access support up to 10pm in the evening and hold a wide range of articles written by other young people.
- Keep Your Head is a website that is aimed at young people's mental health for young people, parents, teachers, and other professionals. They are a central point for good quality information on keeping well self-help and support services. Further information can be found at www.keep-your-head.com

- Keep Your Head offers support to both adults and children. The new part of Keep Your Head includes information for adults around where individuals can seek support, self-help guides and information about certain mental health illnesses. For further information please go to www.keep-your-head.com/adults
- <https://www.cpft.nhs.uk/search/service/younited-195> - YOUnited offers help to children and young people with their emotional wellbeing and mental health. It is available to those up to the age of 25 and offers a range of support including therapies, counselling, and guided self-help. Referrals can be made to YOUnited by a GP or any professional working with children or young people. The YOUnited integrated hub accepts referrals from all professionals working with children and young people up to the age of 17 with emotional wellbeing and mild, moderate, or severe mental health needs.
- YOUnited will also accept referrals for children and young people up to the age of 18 with a suspected eating disorder or with a neurodevelopmental diagnosis, Referral to be made by professionals only, Contact number and email for professionals only for discussion and consultation of non-crisis referrals: 0300 3000 830 or younited@cpft.nhs.uk.
- Young Minds is committed to improving children's wellbeing and mental health. Discover information, advice & support for young people affected by mental health. Supporting Parents. Empowering Young People. Improving Mental Health. Support offered regarding Anger, Bullying, Eating Problems, Sexual Health, Keeping yourself safe, Self-Harming and sleep problems and suicidal feeling and thoughts. Support around online safety, Support for parents on supporting your child with school anxiety and refusal.
<https://youngminds.org.uk/>
- <https://www.giveusashout.org> Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you are struggling to cope and you need immediate help. Areas of support are ABUSE, Anxiety, Bullying, Depression, Loneliness, Self-harm, and suicide.
- SPACE is a self-funded organisation founded in January 2018, in response to the national prevalence of Child Criminal Exploitation (CCE) and the County Lines phenomenon which has entrenched thousands of young children and people into serious violence and organised crime. <http://www.bespaceaware.co.uk/>
- Emotional Health and Wellbeing Service, Children's Wellbeing Practitioners (CWP's). The CWP's offer Cognitive Behavior Therapy (CBT) informed guided self-help for mild to moderate anxiety, low mood, and behavior difficulties. CWPs (Children's Wellbeing Practitioner) support children, young people, and parents who: Live in Cambridgeshire, Huntingdonshire, Fenland and Peterborough, who may have mild-moderate anxiety or low mood, who may have mild-moderate behavioural difficulties, are motivated to make changes. If you are a parent/career concerned about your child or young person and believe the EHWS may be a help to your family, please do speak to your school and ask them to contact us directly: tel: 0300 029 50 50 or email: ccs.ehw@nhs.net

- <https://www.mind.org.uk> They provide advice and support to empower anyone experiencing a mental health problem.
- The CPFT Psychological Wellbeing Service aims to make psychological therapies more accessible to people who experience mental health difficulties. They offer self-help guides, several types of therapists, courses for groups including mindfulness and different communication options such as online, telephone and face to face. For further information on how to refer please go to www.cpft.nhs.uk/services/pws/psychological-wellbeing-service
- Chat Health is run by the School Nursing service if you are between 13 and 19 you can text 07480 635443. They focus on offering support around emotional health, self-harm, smoking, relationships, healthy eating, alcohol, bullying and drugs.
- <https://www.bluesmile.org.uk> supporting the mental wellbeing of Cambridgeshire pupils with expert arts-based therapies, unlocking children's potential to learn and be happy. In addition to our one-to-one counselling and therapy for children, aged three to 13. Service offers individual and group support to school staff as well as workshops and group work for parents and children. When working with children, we use proven fun, arts-based therapies which engage the child in a non-threatening way, helping the individual to organise their feelings and process traumatic experiences. For information contact Blue Smile on 01223 314725 or: jess.manley@bluesmile.org.uk
- Relate Cambridge have 30 experienced and trained counsellors who work with individuals, couples, children, young people, and families who may be having problems communicating, going through a bad patch, considering splitting up, managing the break-up of a relationship. Relate counselling will help you gain confidence, increase self-esteem, and build better relationships. You can seek further information at www.relatecambridge.org.uk or call 01223 357424
- happymaps.co.uk - Website to support parents of children who are experiencing mental health or a change in their behavior. Detailed section for parents around support, where to obtain help and guidance, understanding around your child's mental health needs.

Online Grooming

- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/> Service supports children and young people who have experienced grooming to help them move on and receive the care they need.

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/> providing support and guidance around what is grooming, what is sexting, what are the signs, and where to obtain support.

Parenting / Single parenting

- Families Need Fathers – This is a website specifically aimed at fathers who are no longer living with their children. This service provides information about father’s legal rights, how to obtain contact and Parental Responsibility. This also provides opportunities to talk with other fathers who are in the same situation. They can be contacted on their help line which is 0300 0300 363 or at www.fnf.org.uk
- www.gingerbread.org.uk is a website that supports single parents. They offer a wide range of information and advice including child contact arrangements, Housing, Legal Support, money, and Separation.
- Dads Unlimited, website to offer up practical advice and guidance on the legal and emotional issues around separation/divorce and access to your children. Support a dad, be him Single, Married, Widowed or Full-Time Career, on everything to do with Parenting, their Mental Health, and their Emotions. More information can be found at www.dadsunltd.org.uk Email: support@dadsunltd.org.uk, Facebook: www.facebook.com/dadsunltd, Twitter: @dadsunltd
- <http://www.singleparents.org.uk/information> information and guidance on benefits, childcare, housing, legal, court processes, money, and debt.
- www.parentlineplus.org.uk Helpline: 0808 800 2222 Parentline Plus is a national charity that works for, and with, parents. It works to offer help and support through an innovative range of free, flexible, responsive services - shaped by parents for parents.
- www.grandparentsplus.org.uk Grandparents Plus is the national charity which champions the vital role of grandparents and the wider family in children’s lives – especially when they take on the caring role in difficult family circumstances. Its role involves advising and supporting grandparents and wider family members to ensure they have access to a holistic service, and offering them professional advice, information, and casework support. 0300 123 7015
- Family Rights Group This charity offers a confidential advice service. This service is independent and non-judgmental and can provide information about what the law says and what procedures should be followed. They can advise and discuss your options and support carers to make realistic choices in the best interests of the child(ren) concerned.
- www.frg.org.uk 0808 801 0366 between 09.30am-3pm Monday to Friday

- <http://www.relatecambridge.org.uk/> offers counselling services for every type of relationship nationwide. We provide advice on marriage, LGBT issues, divorce, and parenting. Relate support couple who are having problems communicating, going through a bad patch, considering splitting up and managing break up of a relationship. To book an appointment, please contact the client line on 01302 347866.
- Grandparents Plus is a national charity (England and Wales) which champions the vital role of grandparents and other family members in children's lives – especially when they take on the caring role in difficult family circumstances, though is not limited to grandparents. They provide a free, confidential, and impartial service run by experienced and sympathetic professional advisers. They also offer a free support network for members of the wider family who are raising a relative's child and have a Family and Friends Advice Line which offers comprehensive advice on welfare benefits and many other issues.
www.grandparentsplus.org.uk, advice@grandparentsplus.org.uk, 0300 123 7015 between 10am and 3pm Monday to Friday.
- The Grandparents' Association - Supports grandparents and their families, especially those caring for their grandchildren on a full-time basis.
- <http://www.grandparents-association.org.uk> contact: Helpline: 0845 4349585; Support Groups: 0844 3572907 Helpline: 0808 800 2222
- Buttle UK - Buttle offer support to kinship carers through grant programmes for children and young people. www.buttleuk.org Contact: info@buttleuk.org; Telephone: 020 7828 7311
- Kinship Carers run annual festivals for kinship carers and their children. They also run Mini-Kinfests. Small and large groups, sometimes just a couple of carers, have started to meet up with their children across the country, forming new friendships and strengthening existing ones. 11 www.kinshipcarers.co.uk kinshipfostercarers@gmail.com

Pregnancy

- <https://www.miscarriageassociation.org.uk/your-feelings/young-people/> Support & resources for young people, including films & personal stories, leaflets, and helplines.
- Ormiston Families, Small Steps Together, Supporting Mums – to be, their partners and families who are experiencing challenges throughout pregnancy. More information can be obtained by contacting www.ormiston.org
- NHS ADVICE. Your pregnancy and baby – Pregnancy and baby guide – NHS Choices www.nhs.uk All you need to know about pregnancy, birth and looking after a baby, including trying to get pregnant, foods to avoid, breastfeeding and bottle feeding.
- Emma’s Diary www.emmasdiary.co.uk for pregnancy advice, mums to be and baby information, Emma’s Diary has medical advice to help you from RCGP.
- NSPCC – National Society for the Protection of Children www.nspcc.org.uk Useful advice on preparing for parenthood.
- Parenting Support Centre www.parenting.co.uk Lots of tips on how to cope with crying babies to teenagers.
- Baby Centre UK www.babycentre.co.uk Baby Centre is the most complete online resource for new and expectant parents featuring resources such as unique baby names, newborn baby care.
- Bounty & Pregnancy & Parenthood Advice www.bounty.com Bounty offers support on getting pregnant, pregnancy and parenthood. Free Bounty packs are available to every reader with exclusive offers and samples.
- Mumsnet – By parents for parents www.mumsnet.com Like a huge cafe – you can go on and debate or listen to other people’s stories.
- PANDAS – Pre and Post Natal Depression and Advice [https://www.cpft.nhs.uk/PDF/Miscellaneous/Insight into post-natal](https://www.cpft.nhs.uk/PDF/Miscellaneous/Insight%20into%20post-natal)
- Living in Cambridgeshire and Peterborough. Specially trained mental health staff will speak to you and discuss with you your mental health care needs PANDAS: Pre and Postnatal Depression Advice and Support Helpline: 0843 28 98 401
- <https://www.hsrsc.org.uk/mental-ill-health/> Home Start is one of the UK’s leading family support charities, a voluntary organisation offering support to families who have at least one child under five when family life becomes difficult. Home Start supports families, through weekly volunteer home visits, to deal with diverse concerns such as parental mental health issues, isolation, postnatal illness, disability, bereavement, multiple births, and parenting skills.

Their trained volunteers provide tailored practical and emotional support to help parents and children build confidence, independence, resilience, and community connections.

- <https://www.cpft.nhs.uk/perinatal-services> Specialist Community Perinatal Mental Health Service - Cambridgeshire and Peterborough NHS Foundation Trust. Peterborough, Cambridgeshire, adult, AMH and mental health professional. Our drop-ins are currently open in Cambridge (33 Clarendon Street, Cambridge, CB1 1JX) on Tuesday-Friday 12 noon-5pm, and in Ely (The Youth Hub at Centre E, Barton Road, Ely, CB7 4DE) on Tuesdays 1pm-5pm.

Rape

- <https://www.thesurvivorstrust.org/> Based in the UK & Ireland which provide specialist support for women, men & children who have survived rape, sexual violence, or childhood sexual abuse.
- <https://www.caprccp.org.uk/> The Cambridge and Peterborough Rape Crisis Partnership (CAPRCP) Cambridge Rape Crisis Centre 01223 245 888 support@cambridgerapecrisis.org.uk Peterborough Rape Crisis Care Group – PRCCG Helpline open hours: 01733 852 578
- Cambridge Rape Crisis Centre, based in Cambridge (Cambridgeshire) Email: support@cambridgerapecrisis.co.uk Area covered: Cambridgeshire, Services offered, Telephone support, Telephone counselling, Information, Advice, Helpline, Services for: Women and girls of all ages who are survivors of rape and sexual abuse. Parents of survivors of rape or sexual abuse, mental health/care workers supporting survivors of rape or sexual abuse
- Specialist Abuse Support Peterborough www.peterboroughwomensaid.co.uk
- Specialist Services for children and young people who are affected by domestic abuse and sexual violence, Cambridge and Peterborough Rape Crisis Centre offers Helplines, Counselling, and support from the Independent Sexual Violence Advisors (ISVAs) and ChISVA. Cambridge Rape Crisis telephone helpline number is 01223 245888. Cambridgerapecrisis.co.uk Peterborough Rape Crisis can be contacted on 01733 852578 or via email at peterboroughrapecrisis@nhs.net

Sexuality

- <http://thekitetrust.org.uk/> The Kite Trust runs different services to improve the health, wellbeing and inclusion for lesbian, gay, bisexual, and transgender young people living in Cambridgeshire. They offer face to face services such as drop ins and support groups as well as volunteering, art projects and training. Areas of support include Advice, information, counselling, education, mental health, and sexual health.
- <https://youngminds.org.uk/> Young mind website provides information for children, young people, and parents on issues such as, Anger, what is anger, where to obtain support, Parents A-Z guide of assorted topics, such as body image, depression, bullying, anxiety, and gender identity.
- <https://www.mermaidsuk.org.uk/> Reduce isolation and loneliness for gender variant and transgender children, young people, and their families. Empower families and young people with the tools they need to negotiate the education and health services. Improve self-esteem and social functioning in gender variant and transgender children, young people. Support for young people (up to 19yrs) with gender identity issues, and their families. Teens. Forum and Parents Forum on their website. Email: info@mermaidsuk.org.uk
- <http://genderedintelligence.co.uk/> working with the trans community, particularly specialising in supporting young trans people aged 8-25. Includes resources for trans and gender questioning young people, and their families.
- <https://www.brook.org.uk/> Brook is a national charity offering clinical sexual health and education and wellbeing service for young people. Areas of support and guidance include Staying safe on the social media, sexual health, contraception, and emotional wellbeing.
- Diverse <https://www.diverse.org.uk/> Organisation supports parents and young people with regards to sexual health. A Sexual health charity based in Cambridge. They offer services in Cambridgeshire and Peterborough.

Sexting

- CEOP's Thinkuknow give advice for parents, as well as children and young people of different ages, on staying safe online. Thinkuknow have created short videos to help parents understand why children 'sext', how to talk to them about it and what to do if their child is affected. More information can be found at <https://www.ceop.police.uk/safety-centre/>
- Internetmatters.org work to help parents keep their children safe online. They provide free advice on online issues affecting children, including sexting and grooming.

- **Chat Health:** is our universal offer to young people living in Cambridgeshire. It is a texting service for young people aged 11-19 where they can offer advice, support, signposting and meet on a 1:1 if requested in school or suitable, safe alternative venue. Young People aged 11-19 can access Chat Health on 07480 635443 to speak with a School Nurse (weekdays term time only) School Placement
- To support your child in a change of school placement we would recommend you contact the school Admissions Team on 0345 045 1370 or you can email them at admissions@cambridgeshire.gov.uk.
- You may also want to access support from the Parent School Preference Advisors. They can support how the transfer and admissions process works, admission policies and criteria for different schools, provision for special educational needs, changing schools during the school year, the appeals process and travel issues. You can contact the team on 01223 699194, or alternatively email them at choosingaschool@cambridgeshire.gov.uk

Substance Misuse

- Cambridgeshire Child & Adolescent Substance Use Service (CASUS) offer information, support, and specialist treatment in Cambridgeshire around drug and alcohol use, to young people under 17 and their families. Their website contains information on their services, including how to refer yourself, or somebody else, and lots of information and advice around drugs, alcohol, and mental wellbeing. Further information can be found at www.cpft.nhs.uk/casus
- Talk to Frank offers friendly and confidential drugs advice to young people, parents, and professionals. They provide safe and trusted information as well as where to get support from including a help line, live chat, text service and email. Further information can be found at www.talktofrank.com
- <https://www.actionforchildren.org.uk/> Raising Awareness of Children with Alcoholic Parents and Campaigning for Support. Latest news.
- The Children Society's Stars initiative provides a hub of information, guidance and resources on parental drug and alcohol use, and the impact it has on children and families. Through its work it promotes the voices of children and young people, as well as seeking to influence policy and practice www.childrensociety.org.uk 0300 303 7000
- www.adfam.org.uk Adam is the national charity working to improve life for families affected by drugs and alcohol. It aims to empower family members and carers, support frontline workers and influence decision-makers to prevent alcohol and drugs from destroying families. Using compassion and evidence, the charity informs, supports, and empowers both

people affected by a loved one's substance use and the workers who support them. 020 3817 9410

- www.drugfam.co.uk Druga is a charity that provides support for families affected by alcohol or drug dependency. Through its support services, it aims to provide a lifeline of safe, caring, and professional support to families, friends and carers who are struggling to cope with a loved one's addiction to drugs or alcohol. 0300 888 3853

Suicide

- <https://www.samaritans.org/> website provides information and support around "parents' guide" and were to obtain further support from.
- <https://www.nhs.uk/conditions/suicide/> Website for parents and young people providing support and guidance.
- <https://nipinthebud.org/> **Nip in the Bud®** was set up to encourage awareness about mental health disorders in young children. These relatively common problems which begin in childhood and adolescence can have wide-ranging and long-lasting effects, affecting a child's relationships, their educational attainment. Support and fact sheets can be downloaded on Depression, PTSD (Post Traumatic Stress Disorder), conduct disorder, OCD, ADHD, and Anxiety in children.

Toileting

- <https://www.eric.org.uk/helpline> The Children's Bowl and Bladder Charity, a website providing support and guidance on bowel and bladder, continence, constipation, and soiling. Leaflets and booklets and fact sheets can be downloaded which will provide you with information about supporting your child with toilet training.
- <https://www.nhs.uk/conditions/soiling-child-pooing-their-pants/> NHS information around soiling and potty training.
- The Cambridgeshire 5-19 (school nursing) team offers help and advice for a whole host of issues, emotional Wellbeing, managing emotions, low moods, stress and eating concerns, bed wetting, smoking, healthy relationships, self-image, and identity. For more information, call the duty desk on 0300 029 50 50.
- Bladder and Bowl Community website provides support and information on childhood bowel problems, symptoms and strategies that can be used when children experience difficulties. For more information visit: <https://www.bladderandbowel.org/bowel/bowel-problems/childhood-bowel-problems/>

Youth Services

- Youthoria is set up for the young people of Cambridgeshire, it covers a range of different subjects including education and work, wellbeing, and fun activities. For further information please go to www.youthoria.org
- The Connection's Bus Project is a charity that aims to support youth services across Cambridgeshire. Their aims include supporting young people to build skills and advance education but also to provide recreational facilities for them. To see your closest bus, stop please go to www.connectionsbusproject.org.uk/
- Young carers Support young people who undertake or are involved with carers of an adult. Referral forms can be downloaded via visiting younger carers Centre 33 website. Please return it to youngcarers@centre33.org.uk. You can call, email, or come to one of our drop-ins. You can also ask to get help to fill in the form at Centre 33 or with our staff at your school. They will be in touch and plan with you depending on your age and your needs.