

# BMS Summary Sheet of Available Support

All these numbers are correct for use during the current pandemic.

## For young people

### Child line

*A counselling service for students up to 19 years by NSPCC.*

*The free number is **0800 1111**. Young people can call or email (through their locker system accessed through their website). They also provide service in some other languages.*

*Current service provision has been limited to availability of a counsellor online or on the phone between 9am and midnight and callers are not able to join the queue for a 1-2-1 chat after 10:30pm.*

*After 10:30pm, you'll still be able to call until midnight and your call will be picked up the following day. Or to send a message from their locker at any time.*

*Their website provides support from other young people on the message boards and they have a tool box with games advice and videos of ways to handle emotions.*

**Childline Report Remove tool;** *Childline has launched Report Remove, a service that allows children and young people under 18 to report and get removed from the internet an image or video of themselves that might have been shared online. The web page includes links to services and information offering emotional and safeguarding support. Visit the Childline website:*

*[Report a nude image online](#)*

### The Mix

*The Mix is the UK's leading support service for young people under 25. Support is via online, or free, confidential helpline; **0808 808 4994** . They also offer group support and online forums though their website.*

### E-motion

*Free Brighton online counselling service from qualified, experienced young people's counsellors from the Young People's Centre, who are trained in online counselling . It is for 12 – 18 yrs old living in Brighton & Hove/East Sussex who have access to a computer or smartphone.*

*Emails to be sent to [hello@e-motion.org.uk](mailto:hello@e-motion.org.uk) , who will automatically send you further details of next steps. Many Blatch students have found this service very useful. It can have an appeal if the young person does not want to actually talk and is happier typing.*

## **YMCA youth service (YAC)**

## **[COVID-19 Information & Resources](#)**

*01273 624 432 support and advice service for 13 to 25 year olds. Students can talk to a support and advice worker from 9am to 5pm, who will offer ongoing support or one off sessions if needs be. They can signpost or make referrals for counselling.*

## **For parents and young people**

If you have a concern about your child, or a child from another family, please contact the **Front Door for Families** on **01273 290400**.

## **SafetyNet**

*A Brighton based charity offering support and advice service for adults or any young person aged 13-25. It is possible to talk to a worker 1:1 and receive support. Many of our students have had contact with SafetyNet in their primary schools as well as they support with online safety training for children. **01273 411 613** or **01273 419 725***

## **Young Minds**

*UK's leading charity for children and young people's mental health. 9 to 4pm and they also offer signposting and a call back service from a trained mental health practitioner if needed. It is possible to text them for free from a number of networks by texting YM to 85258.*

*Parents'/Carers' advice line is **0808 802 5544** for any concerns regarding mental health.*

## **Domestic violence**

**[RISE](#)** as mentioned in the information from the BHSCP, are a Sussex-based charity that supports people affected by domestic abuse and violence. They offer practical help ranging from advice to refuge accommodation for those in need.

**01273 622 828** Monday to Friday or email **[Info@theportal.org](mailto:Info@theportal.org)** Out of these times, the National Domestic Abuse helpline is **0808 2000247**

If in danger call 999 and if you can't speak press 55

## **Coronavirus advice**

We mentioned many of these to you on a previous email, but they are here again for ease of reference.

**Mencap** - **[Easy Read Information About Coronavirus \(COVID-19\)](#)**

**Place2Be** – **[Coronavirus: Helpful information to answer questions from children](#)** and offers support for family wellbeing

**Young Minds** <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/> and further information on their site for young people

[Emerging Minds](#) – Advice for parents and carers

[Emerging Minds](#) – Resources in foreign languages

**Carers UK** - Guidance for carers: [www.carersuk.org](http://www.carersuk.org)

Amaze - [Brighton & Hove coronavirus FAQs for parent carers of children with SEND](#)

SafetyNet have free resources to help children and families as well as [Tips to help children and families remain calm](#)

## **Crisis contacts**

*Samaritans for 24/7 support **08457 90 90 90***

*Sussex Mental Healthline **0300 5000 101** for support and information .Mon- Fri 5pm – 9pm, 24hrs on weekends and Bank Holidays*

*HopeLine UK on **0800 068 41 41** for those under 35 who are having thoughts of suicide or are concerned for a young person who might be. You can contact HOPELINEUK for confidential support and practical advice.*

*Text: **07860039967** Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)*

*National Rape Crisis helpline: **0808 802 9999** (Daily 12:00 – 14:30 & 19:00 – 21:30)*

*Shout: text shout to **85258** (24hrs a day)*

*LGBTQ Switchboard (National Helpline): **0300 330 0630** (Daily, 10am to 10pm).*

**Survivors Network- Sexual Abuse Charity.** *Our Helpline now runs in the daytime rather than the evening, from 12-2pm. This means our qualified staff team can take your calls and offer you the support you need. The phone number is still **01273 720110**.*

**Due to the pandemic, there are some local services that are not able to offer support. To our knowledge those currently suspended are;**

*Young Carers*

*Off The Fence*