

Support during school closure

For the majority of pupils, the school holidays are a time to relax and take time off from studying.

However, for some, the school holidays can mean a period of difficulty. This could be for many reasons such as:

- Being a young carer
- Loneliness, boredom and isolation
- Family relationship issues
- Poverty and financial hardship
- Peer pressure
- Lack of routine; sleep issues
- Mental health concerns



Support during school closure

It is also important to remind you about the emergency services that are available should you need them.

In the event of an emergency or crisis, you need to know what to do and how to seek help.

The following slides contain information on support services and emergency services that are available to you free of charge.





Emergency Services

Police – call 999

When?

- A danger to life
- A risk of serious injury such as a threat of being hurt by an adult
- A serious crime is in progress or about to happen
- An intruder in your home

Ambulance – call 999

When?

- Signs of a serious illness such as a stroke, heart attack, difficulties breathing or choking
- Suicide attempt
- Heavy bleeding
- Serious mental health concerns



Emergency Services

Fire Service – call 999

When?

- When you see an emergency fire, no matter how small

Non-emergency contact

Police – call 101

If you need to speak to the Police but it is not an emergency the call 101. For example, to report a crime has already occurred.

NHS – call 111

When should you call 111? If you're worried about an urgent medical concern.



Online Support Services: Childline

Your go-to online/phone support service for anything related to safeguarding or abuse is Childline.

Childline is yours – a free, private and confidential service where you can talk about anything. They are there for you online, on the phone, anytime.

childline


ONLINE, ON THE PHONE, ANYTIME

[childline.org.uk](https://www.childline.org.uk) | 0800 1111



Online Support Services: Kooth.com


Kooth is your online mental wellbeing community. Access free, safe and anonymous





Free, safe and anonymous
online support for young people


Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

On Kooth you can

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Chat to our friendly counsellors
- 

Read articles written by young people
- 

Get support from the Kooth community
- 

Write in a daily journal



Online Support Services: [Youngminds.org](https://www.youngminds.org)

Youngminds.org.uk provide young people with tools to look after their mental health.



Online Support Services: Text SHOUT

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.



Online Support Services: CAMHS

CAMHS is the Child and Adolescent Mental Health Service.

Call CAMHS for any mental health support: **0115 969 1300**

Contact CAMHS crisis in a mental health emergency: **0808 196 3779**

Google Nottingham City CAMHS Crisis



Online Support Services: BASE 51

Base 51 is a charity that supports 11-25 year olds in Nottingham and Nottinghamshire.



Counselling

Our counselling for teenagers and young people allows you to come and talk in a safe, welcoming and confidential space on a 1-2-1 basis.



OutBurst

A safe space for LGBTQIA+ 11-14 and 15-19 year-olds including 1-2-1 support, advice and signposting.



Young Leaders

Giving 16-24 year-olds the chance to run activities and have a say in the decisions we make at Base 51.



The Studios

We have a state of the art recording studio, open Monday, Thursday and Friday 5pm-8pm for 11-19 year olds



Youth Club

Youth Club open Monday, Thursday and Friday 5pm-8pm. Hot food, showers, laundry and clothes bank available.



Evolution Plus

Free, dedicated counselling for survivors of serious violence aged 10-25 years old



Training Academy

JNC recognised training in Youth Work, levels 1-4. Counselling Academy launching in 2023.



Safe Space

Specialist trauma service for those who are affected by exploitation (criminal and sexual), modern slavery and human trafficking.



Social Prescribing

Located in GP surgeries throughout the city and county, providing signposting to mental health services including counselling.



Online Support Services: Fearless.org

Fearless.org is a dedicated young person's charity where you can get info and give info about crime 100% anonymously.



Online Support Services: Papyrus

PAPYRUS exists to reduce the number of young people who take their own lives, by shattering the stigma surrounding suicide and equipping young people and their communities with the skills to recognise and respond to emotional distress.

www.papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Online Support Services: HARMLESS

Harmless is the national centre of excellence for self harm and suicide prevention. We save lives by providing support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals.

www.harmless.org.uk/



Summary

- It is unlikely that you will need the emergency services but make sure that you know what to do should you need them. Call 999.
- Remember that you have support for all concerns during school closure.
- If you have any concerns at all or if you have been harmed or are at risk of harm then call Childline on 0800 1111 or go to [Childline.org.uk](https://www.childline.org.uk) for free and confidential advice.

