

School is closed for the summer but don't struggle alone -

Here are contacts that may help you.

Children's Family Hub Stockton: 01642 130080

CAMHs Stockton: 016642 368400

NSPCC: email: <mailto:help@nspcc.org.uk>

Adult support: 0808 800 5000

Online mental health support for all: [MindEd for families](#)

[Young Minds](#) advice on mental health in children.

[Parents' and Carers' Helpline](#) call 0808 802 5544

Samaritans

<http://www.samaritans.org/about-us>

Talk to us any time you like, in your own way, and off the record - about whatever's getting to you.



Child Line

<http://www.childline.org.uk>

Child Line - a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.

POLICE.UK

Police

<http://www.police.uk>

Do you think a crime has been committed? Your local police force will be able to help you.



NHS Choices - Mental health services are free on the NHS.

<http://www.nhs.uk/NHSEngland/AboutNHSservices/mental-health-services-explained/Pages/accessing%20services.aspx>



Report Abuse

<https://www.ceop.police.uk/safety-centre>

CEOP help children stay safe online. Any concerns you can report it here.



Kooth: log into the online mental wellbeing community.

EYFS to key stage 2 - A weekly wellbeing video.

Children's Commissioner

Website: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Action for Happiness website:

<https://www.actionforhappiness.org/>

The Child Bereavement Network Website:

<http://www.childhoodbereavementnetwork.org.uk/schools.aspx>