



Christ the King
CATHOLIC HIGH SCHOOL
AND SIXTH FORM CENTRE

Family Support Information *for the Summer Holiday*



If you are worried that a child may be suffering significant harm, or if you are concerned that a child has suffered harm, neglect or abuse, please follow the advice below.



MEMBERS OF THE PUBLIC CAN:

- Call **Children's Help and Advice Team (CHAT)** 0151 934 4013 between 9am and 5pm
- Contact the **Out of Hours Emergency Duty Team** on 0151 934 3555 for urgent advice outside of office hours (from 5.30pm Monday to Thursday, and from 4pm Friday and weekends).



If you think a child is in immediate danger please call the Police on 999



Please remember that **ANYONE** can make a referral to Children's Social Care.



Children and young people, parents and carers in crisis can call the Alder Hey CAMHS crisis care line 24 hours a day, seven days a week on **0151 293 3577** or freephone **0808 196 3550**.

They should only present to Accident and Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

Qwell & Kooth – online emotional well-being and mental health support



Qwell – An online mental health forum for any aged 26+ who needs support with their emotional wellbeing. When you log onto Qwell you are given access to chat to a trained Qwell counsellor, track your emotions through journals, gain support from an online community and read about self-help tips and topics through Qwell's magazine articles. www.qwell.io



Kooth – A similar service for children and young people up to the age of 25. This can be accessed on www.kooth.com. Counselling support is available every day of the year, including bank holidays.



HERE TO SUPPORT YOU

There is always someone to talk to and help is available.



YOU ARE NOT ALONE

Reaching out is a brave first step. We are here to help.



Here are further sources of support and useful resources for families over the summer holiday.

24/7 and Ongoing Support



YoungMinds – 24/7
Mental Health
Crisis Support.
Text YM to 85258.
youngminds.org.uk



Samaritans – 24/7
listening support.
Call 116 123.
samaritans.org



Childline – 24/7
support and advice.
Call 0800 1111.
childline.org.uk

Additional Support



**Drug and Alcohol
Support** –
We Are With You /
WithYou
wearewithyou.org.uk



**Domestic Abuse
Support** –
swaca.com or
worstkeptsecret.org.uk



Hub of Hope –
mental health
support directory.
hubofhope.co.uk

Helpful Family Resources



**Online safety
for parents** –
NSPCC: Keeping
Children Safe Online.
[nspcc.org.uk/
keeping-children-safe](http://nspcc.org.uk/keeping-children-safe)



Sleep Safe (babies) –
The Lullaby Trust
safer sleep guidance.
lullabytrust.org.uk



All About the Family –
summer edition with
useful resources for
families.
allaboutthefamily.co.uk



Emoji's Explained

Some emojis can be used to hide meanings in online messages.
Open, informed conversations can help keep children safe.

	DRUGS RELATED					
	VIOLENCE					
	SEX					
	SELF-HARM					
	EXTREMISM / ONLINE HARM					
	HEARTS / RELATIONSHIPS					



**If you need
support, please
do reach out.**

Support is available
for children,
young people
and families.



**You are not alone.
We are here
to help.**