

The Bridge Short Stay School

Help Support & Advice

We hope that you are all well and are looking forward to the summer break. We know that the last few months have been difficult for some families and for our young people and we want to do what we can to continue to support you through the school holidays.

We have updated the information that we sent at the point the schools closed to help provide clear advice and to signpost you to other avenues of support. There are many resources available on line but if you don't have Internet access there are also some useful telephone numbers on here.

If you have concerns about your child you can contact the agencies listed. If you're worried about other students of the school and want to report those anonymously, you can do so by clicking on the #SHARP button of our website:
www.thebridge.cheshire.sch.uk

For full up to date guidance directly from the government about the Coronavirus pandemic visit www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

Mental Health & Wellbeing	
<p>Children & Young Peoples out of hours service (CAMHS)</p> <p>01244 39 7644</p> <p>Monday – Friday 5 to 10pm</p> <p>Saturday & Sunday 12 to 8pm</p>	<p>Anna Freud Centre & On My Mind Website</p> <p>Anna Freud is a children’s mental health charity. Also run by the Anna Freud Centre, On My Mind website aims to empower young people to make informed choices about their mental health & wellbeing.</p> <p>www.annafreud.org www.annafreud.org/on-my-mind</p>
<p>ELSA</p> <p>Coronavirus information support for children</p> <p>www.elsa-support.co.uk/coronavirus-story-for-children/</p>	<p>My Mind Website</p> <p>MyMind is a website for young people, parents, and professionals working with children & young people. The Website also provides crisis and urgent support information.</p> <p>www.mymind.org.uk</p>
<p>Young Minds</p> <p>National charity focusing on young peoples mental health. You can find support and resources on their website</p> <p>www.youngminds.org.uk</p> <p>For urgent 24/7 mental health crisis support Text the YoungMinds Crisis Messenger – Text YM to 85258</p>	<p>Samaritans</p> <p>The following helpline provides emotional and crisis support for everyone affected by mental health: Call 116 123 free 24 hours a day, 7 days a week Email: jo@samaritans.org www.samaritans.org</p>
Abuse, Crisis & Concerns	
<p>If you think a child or other person is at immediate risk of harm call 999.</p> <p>You can report non urgent concerns about a child at</p> <p>www.cheshirewestandchester.gov.uk</p> <p>Or call 0300 123 7047</p>	<p>NSPCC</p> <p>Phone: 0808 800 5000 24/7 for adults concerned about a child</p> <p>Email: help@nspcc.org.uk Website: www.nspcc.org.uk</p>

<p>Rape Crisis</p> <p>Rape crisis is a national charity supporting anyone who has experienced rape, child sexual abuse or any other kind of sexual violence.</p> <p>Call freephone helpline: 0808 802 999</p> <p>www.rapecrisis.org.uk</p>	<p>Refuge</p> <p>Refuge provide help and information about domestic violence and runs a number of safe houses.</p> <p>Phone: 0808 2000 247 Free 24/7</p> <p>Email: helplie@refuge.org.uk www.111.refuge.org</p>
<p>Finance, Debt & Employment</p>	
<p>Money Advice Service</p> <p>A free independent service set up by the government that provides information on all money related matters via a helpline, online and on web chats.</p> <p>Phone: 0800 138 7777 Free 9am-8pm Mon-Fri, 9:30am-1pm Sat</p> <p>www.moneyadvice.org.uk</p>	<p>Stepchange</p> <p>This charity provides free advice on problem debt and debt management.</p> <p>Phone: 0800 138 1111 Free helpline</p> <p>www.stepchange.org</p>
<p>ACAS (Advisory, Conciliation and Arbitration Service)</p> <p>ACAS provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law.</p> <p>Phone: 0300 123 1100</p> <p>www.acas.org.uk</p>	<p>Citizens Advice Bureau</p> <p>The Citizens Advice Bureau provides help, support and independent advice including how Coronavirus could impact on your Work, Debt and Money or Housing.</p> <p>Advice line 03444 111 444 Mon – Fri 9am -5pm</p> <p>www.citizensadvice.org.uk</p>