



North Gosforth Academy

Are you Worried?

When schools are closed, this can be a worrying time for young people and parents for lots of reasons. You might be experiencing problems at home, be worried about exams, struggling with your mental health or lots of other issues that young people deal with daily.

Safeguarding or Child Abuse:

Child abuse is a term used to describe a range of ways in which people, usually adults, harm children and young people. Often the adult is someone known and trusted by the child or young person, such as a parent or a relative. The abuse can be physical injury, sexual abuse, emotional harm or neglect.

REMEMBER ABUSE IS NEVER YOUR FAULT.

It's important that you tell someone. Talk to a friend or adult you can trust. You can speak to a social worker by calling the **Front Door Service in North Tyneside on 0345 2000 109**. They are open 8.30am – 5pm, Monday – Thursday and 8.30am – 4.30pm on Friday. Outside of those hours you can call the After Hours Service on 200 6800. You can also email at childrenandadultscontactcentre@northtyneside.gov.uk

If you have an immediate concern and feel that a child is at risk of significant harm or danger please contact the **police on 999**.

Other useful helplines:

Childline: ChildLine is a counselling service for children and young people. You can contact ChildLine in these ways: You can phone on 0800 1111, have a 1-2-1 chat with them, send a message to Ask Sam and you can post messages to the ChildLine message boards. You can contact ChildLine about anything - no problem is too big or too small. If you are feeling scared or out of control or just want to talk to someone you can contact ChildLine. Their website is <https://www.childline.org.uk/>

Acorns Project: If you are worried about relationships and abuse you can text them a question and they will get back to you within our usual working hours. Text 07712 862 858, Telephone 0191 349 8366, Email admin@acornsproject.org.uk or visit their website on <https://www.acornsproject.org.uk/>

NSPCC – Child Protection Line

The NSPCC (National Society for the Prevention of Cruelty to Children) is the UK's leading charity specialising in child protection and the prevention of cruelty to children. Their National Child Protection Helpline provides advice to adults and children about child protection concerns. You can phone them on 0808 800 5000 or visit their website at <https://www.nspcc.org.uk/>

Kooth.com

Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems. Kooth.com offers users a free, confidential, safe and anonymous way to access help. www.kooth.com

Mental Health Apps:

Dreamy Kid www.dreamykid.com

Children have been showing signs of stress, technology-fatigue, and anxiety starting at younger ages. It is a science-based fact that only 10 minutes of meditation is a great life-tool to find inner-harmony and balance amid their busy lives. With DreamyKid, just play it as they fall asleep or awake. They will begin a life-long journey that will center them with tools for all situations.

Stop, Breathe, Think www.stopbreathethink.com

Stop what you are doing. Check in with what you are thinking, and how you are feeling. Breathe Practice mindful breathing to create space between your thoughts, emotions and reactions. Think Broaden your perspective and strengthen your force field of peace with personalized meditations and activities.

Smiling Mind www.smilingmind.com

Smiling Mind offers a unique web and app-based tool developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. They offer programs for 7 - 9 years old, 10 - 12 years old, 13 - 15 years old and 16 - 18 years old.

Calm www.calm.com

#1 App for Mindfulness and Meditation. Calm brings clarity, joy and peace to your daily life. Join the millions experiencing the life-changing benefits of meditation and mindfulness. Reduce anxiety, sleep better and feel happier.

Headspace www.headspace.com

Learn to meditate and live mindfully with hundreds of themed sessions on everything from stress to sleep. Bite-sized meditations for busy schedules and SOS exercises in case of sudden meltdowns. Free trial then monthly or yearly subscription.