Safeguarding Update – October 2021

10th October is World Mental Health Day and we will be celebrating Hello Yellow in conjunction with Just One Tree

The importance of protecting our own mental health and that of our child(ren) is just as important as supporting their physical health during these unprecedented times.

Where can I get help?
Your **GP**
Young Minds provides advice and support on a range of topics affecting children. Parents Help Line on 0800 802 5544 (Free Monday to Friday 9.30 to 16.00) www.youngminds.org.uk/
Childline 0800 1111 www.childline.org
Emotional Wellbeing and Mental Health Service (EWMHS) 0300 300 1600 (Monday to Friday 9.00 to 17.00)
www.nelft.nhs.uk/services-ewmhs
NSPCC at NSPCC.org.uk
Samaritans call 116123 or email jo@samaritans.org
School Nurse 01702 534843 or via email on: sccg.southendpublichealthnurses@nhs.net
Mind provides advice and support on a range of topics including types of mental health problem, legislation and details of local help and support Phone: 0300 123 3393 (weekdays 9am - 6pm) www.mind.org.uk/
Mental Health Foundation provides a guide to Mental Health problems, topical issues and treatment options via their website.
https://www.mentalhealth.org.uk/
SANE provides confidential emotional support and information to anyone affected by

Golden rules of staying safe online

Please speak to your child about the 5 golden rules of staying safe online:
1. Don't post any personal information online, like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know

There are many games that children can access onine, many of which have eveolved during these unpresedented times. Here are some things that you should share with your child to make sure that they stay safe.
Enviromental Factors – some games e.g. Pokemon Go take players to real life places. Whilst the majority of these are in public places they can, inadvertently, end up being placed in locations that are dangerous or unsuitable e.g. building sites.
Strangers and meeting offline – Players often co-operate with friends in games and there are many online discussions hangouts. As well as sharing tips and information some groups may arrange to meet offline. This can put children at risk of being invited to meet strangers under the pretence of talking about the game.
Data collection – some games collect personal information about the user and their device. Try to use names that don't identify who you are. Some games also enable users to upload images to social media which could publicly disclose a child's exact location, more so if they have their uniform on.
In-game purchases – If there is a payment method connected to the phone there is a potential to rack up a sizeable bill without realising it.

mental illness. It also provides a resource for anyone affected by suicide.   Phone: 0300 304 7000 (4.30 - 10.30pm daily) www.sane.org

Rethink Mental Illness offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication and care. Phone 0300 5000 927 (Mon-Fri 9.30am-4pm) www.rethink.org

Young Carers at www.**carers**.org or YoungCarers@southendcarers.co.uk

24 hour National **Domestic Abuse** Helpline 0808 2000 247

NSPCC
0808 800 5000
(24hrs)

National Domestic Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

NEVER ALONE

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

ChildLine
0800 1111
(24hrs)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5or8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic Violence
0207 186 8270

Support for parents and carers

Net Aware - A no-nonsense guide to the social networks, sites and apps children are using.

Share Aware – have teamed up with O2 to help you keep your child safe on social networks, apps and games. Read their advice on how to Be Share Aware.

Online safety advice - Whether you're an online expert or you're not sure where to start, their tools and advice will help you keep your child safe.

Parent Info - A website for parents about life online.

ThinkUKnow - A website from National Crime Agency's CEOP Command about keeping children and young people safe on the internet.

UK Safer Internet Centre - Promote the safe and responsible use of technology for young people.

Internet Matters - A site to help empower parents and carers to keep children safe in a digital world.