



Online Safety Service	Contact Details	Support Offered
Childline – <i>provided by NSPCC</i>	Website: www.childline.org.uk Telephone: 0800 1111 Ask Sam – receive support through a message board facility. Text ‘Shout’ for support on 85258. Contact Childline via SignVideo if you have hearing disabilities, Mon-Friday 9am-8pm and Saturdays 9am-1pm.	Access to a counsellor to discuss things such as pregnancy, being a victim of bullying or feeling low and struggling with sleep patterns, as well as general mental health issues.
Childline – removing online images	www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/	This website offers support on what to do if a nude image has been shared online.
Child Bereavement UK	Website: www.childbereavementuk.org Helpline: 0800 02 888 40 Email: support@childbereavementuk.org Live chat is available via the website	Child Bereavement UK work to provide support to families of children who have lost a loved one.
Childnet	Website: www.childnet.com	Childnet has produced a parent and carer toolkit which is a collection of three resources designed to help you talk to your child about their online life, manage boundaries around family internet use and point you in the direction of where to get further help and support.
Cruse	Website: www.cruse.org.uk telephone: 08088081677	Support, advice and information to children, young people and adults when someone dies. They provide tips to help yourself, or as a parent; how you can support your child.
Domestic Violence	Website: www.ldvs.uk 24-hour helpline: 0113 2460401 Email: administration@leedswomensaid.org.uk	The Leeds Domestic Violence Service provide women and men with choices from a range of community-based services, including temporary supported housing, IDVA (independent domestic violence



		advocate) support, community outreach support, a telephone helpline, drop-ins and support groups.
Duty and Advice	Website: www.leedsscp.org.uk Telephone: 0113 3760336	For help and advice regarding the safeguarding of children.
Kooth	Website: www.kooth.com Sign-up for a text-based conversation with a qualified counsellor. Counsellors are available from 12 noon to 10pm on a weekday and 6pm to 10pm at weekends.	A confidential support service focused on well-being and resilience, available to 11–18-year-olds. Kooth provides a safe and secure means of pupils accessing direct support.
MindMate	Website: www.mindmate.org.uk MindMate is here to help young people in Leeds with their mental health and wellbeing.	MindMate covers all aspects of mental health as well as providing a gateway into CAMHS. It provides information for parents/carers, pupils and professionals.
NHS	Website: www.nhs.uk / 111.nhs.uk Telephone: 111 Accident and emergency at Leeds General Infirmary	The NHS website offers a range of supportive material and resources from medical professionals.
NSPCC	Website: www.nspcc.org.uk If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support. Telephone: 08088005000 Email: help@nspcc.org.uk Under 18 contact number: 08001111	This provides a useful resource for parents/carers on social networks and apps. This site also supports with online safety.
NSPCC keeping children safe	Website: www.nspcc.org.uk/keeping-children-safe/online-safety/	This website supports parents with online safety advice and you can read their online safety guides.
NSPCC social media	Website: www.nspcc.org.uk/keeping-children-safe/online-safety/social-media	This website explains why young people use social media and what the risks of social media are for children.
Place2Be	Website: www.place2be.org.uk Email: enquiries@place2be.org.uk Text 'Shout' for support on 85258	Well-being activities and ideas for families to complete, as well as counselling services. Place2Be works in partnership with Shout, a 24/7 text messaging service to support anyone in crisis, anytime, anywhere.
Police	Website: www.westyorkshire.police In a non-emergency: 101 In an emergency: 999	Use the police to seek for advice regarding an issue which is concerning about young people.



Prevent	Website: www.leeds.gov.uk/prevent Email: prevent@leeds.gov.uk Telephone: 0113 5350810	If parents feel that their child has been exposed or have any concerns about radicalisation, parents can also go directly to the Prevent team.
Safer Internet UK	Website: www.saferinternet.org.uk	Parents and carers can find online safety tips, advice and resources to help children and young people stay safe online.
Samaritans	Website: www.samaritans.org Email: jo@samaritans.org Telephone: 116123 (24 hours a day, 365 days a year)	Samaritans encourages children and adults to talk about their own mental health needs and provides top tips for managing mental health during crisis.
Think U Know	Website: www.thinkuknow.co.uk	This is an educational programme from NCA-CEOP, a UK organisation which protects children both online and offline for different age groups and supports parents.
Young Minds	Website: www.youngminds.org.uk Text 'YM' to: 85258 Parent/carer Helpline: 0808-802-5544	Text YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. It also provides support and guidance for parents/carers to help support their children with managing their mental health.