

Contact number for parents

Children's Society – dealing with conflict

The Children's society asked one of their well-being practitioners to share her top tips for dealing with conflict at home.

<https://www.childrenssociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home>

Young Minds Helpline (Parents and young people)

If there are concerns about a young person's mental health during this difficult time, you can contact the Young Minds Helplines.

Parents Helpline: If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm

YoungMinds Crisis Messenger: If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support

The Young Minds website is here: <https://youngminds.org.uk/>

Heads Together

Heads Together have published a free toolkit with resources and tips to help address anxiety arising from these challenging times. The toolkit includes a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>

Support for parents and carers to keep their children safe online includes:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and carers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers

Additional numbers

Early Help Hub/MASH 01922 658170

Walsall School nurses 01922 423349

Walsall school Nurses Chat Health line 07480 635 363 (age 11-19)

Walsall school nurses, parent text line 07520 634 909

Samaritans 116 123

Shout crisis text line, Text shout to 85258

Re think mental illness 0300 500 0927

Mind (mental health support) 0300 123 3393

Mind Legal advice service 0300 466 6463

Child line 0800 1111

Anxiety UK 0344 775774

NSPCC 0808 800 5000

Details of local food banks

Name	Telephone Number	Address
Walsall North Food Bank	<u>07582 869895</u>	Pelsall Methodist Church, Chap Pelsall Methodist Church, Chapel Street, Pelsall, WS3 4LN
Bloxwich and Blakenall Food Bank	07747 301374	Blakenall Village Centre, Thames Road, Blakenall, Walsall, WS3 1LZ