

Holiday safety and wellbeing resources



	These resources are being made available to the parents and carers of all our students. Please view links and conduct your own research, to ensure that the resources are both age appropriate and suitable for your individual child before sharing. Please right click to open hyperlinks. If your device does not support this, please copy and paste the links into your browser for access.
Concerned for a child's safety?	Multi Agency Safeguarding Hub (MASH) If you think a child or young person, under the age of 18 years is being abused or neglected, please ring the team within the borough that the child resides. Bromley : T030 0303 8671 or ask for Children's services via 0208 464 3333 Croydon : T0208 726 6464 Lewisham : T0208 314 6660 Police Inform police about a child who is at risk of harm via 101. In an emergency dial 999. Find details of your local safer neighbourhood team here: https://www.met.police.uk/a/your-area/  Advice for parents and carers to keep children safe from abuse and harm. Find our more here: https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm A new service launched by the Metropolitan Police in June 2025 – Met Engage Home Page - Met Engage
Help for a child expressing Suicidal Ideation	Support for young people expressing suicidal ideation A&E If you believe the child to be at risk of harm to themselves then take them to the A&E department of your local hospital. The hospital has staff who can undertake an assessment of risk. This may include an overnight stay. The hospital will put you in contact with services who help young people manage these feelings, like CAMHS.

Holiday safety and wellbeing resources

	Other avenues of support include your GP and the below online/telephone resources: Papyrus Lots of information and resources for young people and their parents. The site also includes information about Hopeline – Help for those thinking of suicide. Available 9am – 10pm weekdays and 2pm -10pm weekends and bank holidays. T0800 068 4141 or email : Pat@papyrus-uk.org HOPELineUK 0800 068 41 41 Help and advice for young person and parent here: https://www.papyrus-uk.org/help-advice/  PAPYRUS PREVENTION OF YOUNG SUICIDE ChildLine T0800 1111  Samaritans Need support? We're here to listen 24 hours, 365 days a year. Call 116 123 for free  samaritans <i>you are not alone.</i> https://www.samaritans.org/how-we-can-help/contact-samaritan/
Concerns around self-harm	Self-Harm concerns Your GP will be able to help with concerns relating to subject of self-harm. They may refer your child to a counselling service (with your consent).

Holiday safety and wellbeing resources

	Getting help https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/ Supporting a child who is self-harming: https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/ file:///N:/Coping%20with%20Self%20Harm%20Brochure_FINAL_copyright%20(1).pdf Childline https://www.childline.org.uk/info-advice/your-feelings/self-harm/ 
Young Peoples Mental Health	Young Peoples Mental Health - a guide for parents and carers, written by young people This includes both National Services and Services available within the Borough of Croydon. http://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf CAMHS Child adolescent mental health service Resources: A parent's guide to CAMHS https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/parents-guide-to-camhs/  BROMLEY If you are a parent or carer and you have concerns about your child's mental health, please contact 0208 315 4430 Monday to Friday 9am-5pm. Stepping Stones House, 38, Masons Hill, Bromley, Kent, BR2 9JG. 



Holiday safety and wellbeing resources

	Link to Bromley CAMHS: Our Services Oxleas NHS Foundation Trust CROYDON Link to Croydon CAMHS: https://slam.nhs.uk/children-and-young-people LEWISHAM Link to Lewisham CAMHS: Find out about CAMHS services for children and young people in Lewisham Parents and carers child counselling advice https://youngminds.org.uk/media/3677/counselling-parents-sheet-updated-dec-2019.pdf YOUNGmINDS Young Peoples Mental Health A guide for parents and carers, written by young people. This includes resources that are both national and others that are within Croydon Borough. https://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf A guide to the services offered by MIND in Croydon https://www.mindincroydon.org.uk/wp-content/uploads/2021/04/Guide-to-Services-Apr-2021.pdf
Wellbeing services offering counselling to	BROMLEY Bromley Y - Bromley resident or GP based in the borough. Your GP can refer or you can self-refer. For those aged under 18 years.

Holiday safety and wellbeing resources

young people   	https://bromley-y.org/  CROYDON Off The Record – Croydon service for those aged 14 – 25. An online service operates from the age of 11. https://www.talkofftherecord.org/ TALK TO US  Lewisham Talking therapies https://lewishamtalkingtherapies.nhs.uk/who-we-help/young-people/#:~:text=Kooth%20is%20available%20to%20young,OCD%20Youth 
Mental Health Support – Online / by text	Kooth Online Forums and Counselling for your people between the age of 11-24.  Join here: https://www.kooth.com/signup Shout In a crisis? Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers Text 'shout' to 85258

Holiday safety and wellbeing resources

	 https://www.giveusashout.org/
	Calm Harm – Free Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected. Find out more and access here: https://calmharm.co.uk/
	SilverCloud – Free SilverCloud is for people aged 16 or over who need help with mental health issues and the emotional challenges associated with long-term conditions. Find out more here: https://www.silvercloudhealth.com/uk
	b-Hive Therapy Hub of services in Bromley Welcome to the b-HIVE - A therapy collective for Bromley - b-HIVE
	The Wellbeing Hub – Teen Tips  —The— Wellbeing Hub —from Teen Tips— All of our trust school communities, including students, parent, carers and staff have access to a huge bank of resources, designed to support young people. The Wellbeing Hub provides advice to users about a huge range of concerns that affect young people today. This comprehensive resource is offered for free to our school community. Students should register with their school email. For parents and carers please scan the QR code below:

Holiday safety and wellbeing resources

	Accessing The Wellbeing Hub You can register by scanning the QR code below: 
Early Help services by borough   	Early Help Services Bromley Bromley Children's project https://www.bromley.gov.uk/bromleychildrenproject Croydon https://www.croydon.gov.uk/children-young-people-and-families/early-help-support programme of parenting support: https://www.croydon.gov.uk/children-young-people-and-families/early-help-support/parenting-programmes Lewisham https://lewisham.gov.uk/myservices/children-and-young-people-service/earlyhelp Programme of parenting support: https://lewisham.gov.uk/myservices/children-and-young-people-service/earlyhelp/supporting-families-programme
	Bromley Parenting Hub https://bromleyparentinghub.info/ Reducing Parental Conflict https://bromleyparentinghub.info/stop-think-change/parent-workshops/#online

Holiday safety and wellbeing resources

	Online courses are available to all families. 
Support for young people exploring their sexuality 	NSPCC https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/ BROMLEY METRO Snap Youth group for LGBTQ people aged between 16 and 25 in Bromley https://metrocharity.org.uk/youth/metro-snap Email: youth@metrocharity.org.uk or call 020 8305 5004. CROYDON METRO Bridge Youth groups for LGBTQ people aged between 11 and 25 in Croydon https://metrocharity.org.uk/youth/metro-bridge Email: youth@metrocharity.org.uk or call 020 8305 5004. LEWISHAM METRO Live Youth group for LGBTQ people aged between 16 and 25 in Lewisham https://metrocharity.org.uk/youth/metro-live Contact the METRO Youth team at youth@metrocharity.org.uk or call 020 8305 5004. 

Page: 9

Holiday safety and wellbeing resources

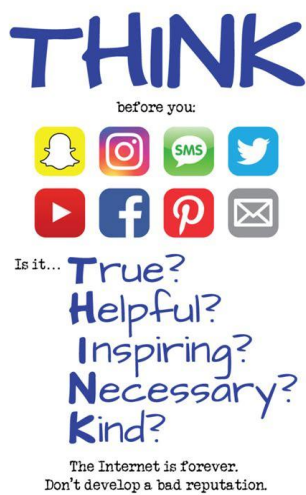
 	NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/ Saferinternet https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s Childline Advice for staying safe online https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/ Online challenges – 1 decision A parent guide to online challenges Click or Quit parent-carer-guide.pdf Youth gaming and gambling Free CPD for parents and carers For parents & carers Ygam
Social Media	Social media to be banned for under-16s in landmark government move to give kids their childhood back This is expected to come into force in Spring 2027 https://www.gov.uk/government/news/social-media-to-be-banned-for-under-16s-in-landmark-government-move-to-givekids-their-childhood-back 

Holiday safety and wellbeing resources



 Minimum age for use 13+ years	Instagram Instagram is an American photo and video-sharing social networking service owned by Facebook. Parental Guide for Teens on Instagram About Instagram https://about.instagram.com/community/parents Online groomers use of Instagram https://www.bbc.co.uk/news/uk-47410520
 Minimum age to create an account is 13, with parental permission Individual videos carry age ratings.	You Tube YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. You Tube parental controls https://support.google.com/families/answer/10495678?hl=en Live streaming advice from the NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/
 Minimum age for use 13+ years	Snap Chat Snapchat is a multimedia messaging app developed by Snap Inc., originally Snapchat Inc. One of the principal features of Snapchat is that pictures and messages are usually only available for a short time before they become inaccessible to their recipients. Snap Chat family centre https://parents.snapchat.com/family-center
 Minimum age for use 13+ years	Tik Tok TikTok is a Chinese video and music-based social media app that allows users to create and share short videos with special effects. Find out more here: https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-production-app
 Minimum	WhatsApp WhatsApp is an instant messaging app which lets you send messages, images and videos in one-to-one and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group. Find out more here:

Holiday safety and wellbeing resources

age for use 13+ years	https://parentzone.org.uk/article/whatsapp
	Fake News, Online Image and Hate Speech CBBC real or fake quiz https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz BBC article about Fake news https://www.bbc.co.uk/academy/en/collections/fake-news BBC Bitesize article https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1
Think before you post Advice for Young People to consider prior to posting online	 THINK before you: Is it... True? Helpful? Inspiring? Necessary? Kind? The Internet is forever. Don't develop a bad reputation.
School mobile phone use	Mobile phones in schools policy https://www.gov.uk/government/publications/mobile-phones-in-schools/mobile-phones-in-schools From September 2026 LPGS will be implementing a policy that secures your child's phone in a locked cabinet at the start of each school day. This is designed to assist in upholding the new law and supports your child being able to learn without distraction during the school day.

Holiday safety and wellbeing resources



	
Parental Controls  	Learn about parental controls online Childnet https://www.childnet.com/parents-and-carers/hot-topics/parental-controls NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/ Government Guidance to keeping children safe online https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online
On line grooming	Online Grooming Find out more about online grooming at the links below: https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/ https://www.ceopeducation.co.uk/11_18/lets-talk-about/sexual-abuse/online-grooming/ https://www.childnet.com/parents-and-carers/hot-topics/online-grooming
Catch 22 	Parent pack – provides information concerning all forms of exploitation Catch On: Parents' pack Catch22 (catch-22.org.uk)



Holiday safety and wellbeing resources

  	County Lines and Child Criminal Exploitation Find out more about these issues here: https://www.childrenssociety.org.uk/what-we-do/our-work/tackling-criminal-exploitation-and-county-lines/county-lines-resources https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/ https://www.gov.uk/government/publications/criminal-exploitation-of-children-and-vulnerable-adults-county-lines County Lines presentation by students of The Brit School https://www.youtube.com/watch?v=3UW-MEwXclw
Loss   	Bereavement Support Bereavement and young people https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/ Winston's Wish https://www.winstonswish.org/ Child Bereavement UK https://www.childbereavementuk.org/ The Candle Project – St Christophers Hospice St Christopher's Children and Young People's Bereavement Service (Candle) - St Christopher's Hospice (stchristophers.org.uk)
FGM  	FGM – Female Genital Mutilation Find out more and gain help or advice here: https://www.gov.uk/female-genital-mutilation-help-advice https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/



Holiday safety and wellbeing resources

PREVENT Keeping children safe from radicalisation	The Prevent Strategy Advice on keeping children safe from radicalisation. Find out more here: https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/ https://educateagainsthate.com/online-radicalisation/
 Bromley  Croydon  Lewisham  FRANK	Are you a parent or carer who has concerns your child might be misusing drugs or alcohol? Seek advice from borough services Bromley https://www.changegrowlive.org/changes-young-peoples-service-bromley Croydon https://www.croydon.gov.uk/healthsocial/phealth/daservices Lewisham https://lewisham.gov.uk/myservices/socialcare/health/drugs-and-alcohol Talk to Frank https://www.talktofrank.com/
THC Vape Use	Vaping – Ban of single use vapes since 1st June 2025 Vaping myths and the facts - Better Health - NHS (www.nhs.uk) Young people and vaping - Better Health - NHS (www.nhs.uk) How dangerous is vaping, what is the disposable vape ban and what is the vaping tax? - BBC News https://changegrowlive.org/young-people/vaping/thc
Disordered eating	Disordered eating Speak to your GP

Holiday safety and wellbeing resources

	Online support BEAT  https://www.beateatingdisorders.org.uk/ NHS  https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/ The Maudsley  Home - MCCAED (slam.nhs.uk)
 	Young Carers Bromley https://www.bromleywell.org.uk/our-services/young-carers/ Bromley Mencap Children's Wellbeing Services https://www.bromleymencap.org.uk/wellbeing-services/ Sibling Group

Holiday safety and wellbeing resources

 	http://www.bromleyparentvoice.org.uk/events/bromley-mencap-siblings-group-4/ Croydon https://www.talkofftherecord.org/croydon/young-carers-service/ Lewisham https://images.app.goo.gl/sV9y2C4RFTAHzNkF6
Free school meals   	Free school meals Eligibility and how to apply Free school meals (bromley.gov.uk) Free school meals and help with uniform costs Croydon Council Lewisham Council - Free school meals and extra support for your child For those of you whose child is currently in receipt of free school meals, you may already be aware that thanks to a successful campaign by footballer, Marcus Rashford, payments will be made to cover the holidays. These will be sent out, as usual in voucher form.
Food banks  	Food Banks For those of you whose circumstances may require the use of food banks please see below for details: Bromley https://bromleyborough.foodbank.org.uk/  Croydon https://lambethcroydon.foodbank.org.uk/ 

Holiday safety and wellbeing resources

	Lewisham https://lewisham.foodbank.org.uk/ 
HAFS   	Holiday Activities and Food Programme – HAFS This programme is available to students who are currently in receipt of free school meals. Please find out more below from your respective borough: Bromley https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme Croydon https://www.croydon.gov.uk/holiday-activities-and-food Lewisham https://lewisham.gov.uk/myserives/young-people/holiday-programme-food-and-fun
  	Water Safety RNLI https://rnli.org/safety Royal Life Saving Society https://www.rlss.org.uk/pages/category/water-safety-information Government advice https://assets.publishing.service.gov.uk/media/5a74a95440f0b61df477770b/Water_Safety_leaflet_76a791.pdf
Exam preparation and staying well 	Exam related stress resources Will your child be sitting public exams this summer? If so below are some resources to aid preparation and wellbeing. Dealing with Exam Stress CALM How to deal with exam stress in the run-up to GCSEs and Nationals - BBC Bitesize

Holiday safety and wellbeing resources

     	Info on exam stress - for 11-18 year olds Mind Staying mentally healthy during exams Resources YoungMinds KOOTHEExamTipsDigitalBrochure.pdf Exam stress and pressure Childline Coping with exam pressure - a guide for students - GOV.UK
 	Exam Results Support and guidance if results are unexpected If your child does not achieve the results they were hoping for, there are several sources of advice and guidance available:  Ofqual Student Guide 2026 – explaining results, grades, and next steps https://www.gov.uk/government/publications/ofqual-student-guide-to-exams-and-assessments-in-2026  National Careers Service – free advice on education and career pathways https://nationalcareers.service.gov.uk  Exam Results Helpline (National Careers Service) – available on and after results day https://nationalcareers.service.gov.uk/contact-us

Holiday safety and wellbeing resources



-  **UCAS & Post-16 guidance (for exploring alternative routes and progression)**

<https://www.ucas.com>

- **BBC Bitesize - Results Day 2026: Support and information for your child.**

<https://www.bbc.co.uk/bitesize/articles/zfr9wsg>

In school, senior staff and our careers team will also be available on results day to discuss individual circumstances and to help students plan their next steps.