

* *	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
LPG5	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	Multi Agency Safeguarding Hub (MASH)
a child's safety?	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/
	METROPOLITAN POLICE
	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	Support for young people expressing suicidal ideation
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.

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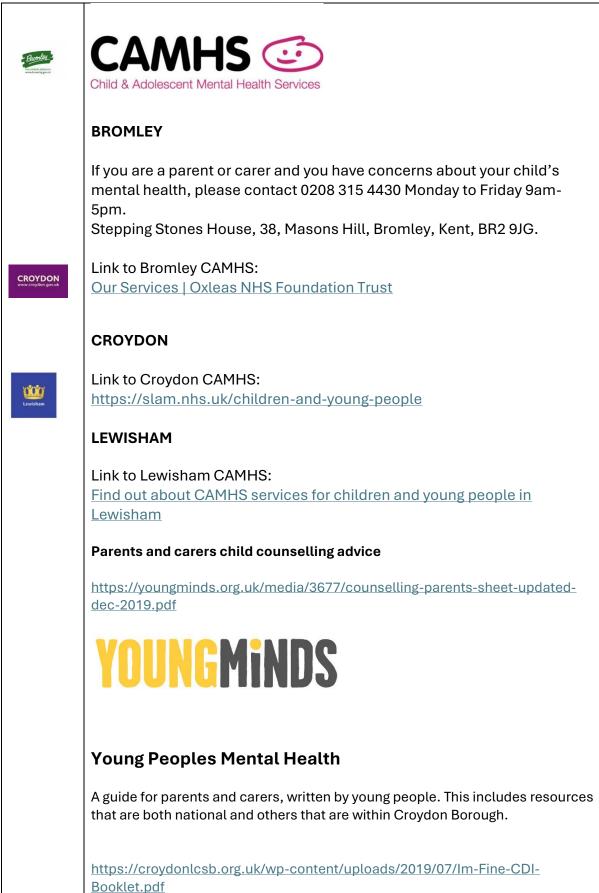
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	y safety and wellbeing resources
	Getting help https://www.nhs.uk/mental-health/feelings-symptoms- behaviours/behaviours/self-harm/getting-help/
	Supporting a child who is self-harming: https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a- z/parents-guide-to-support-self-harm/
	file:///N:/Coping%20with%20Self%20Harm%20Brochure_FINAL_copyright%20(1).pdf
	Self-harm UK
	Dedicated to self-harm recovery, insight and support
	https://www.selfharm.co.uk/
	www.lfharm.
	For those aged 14 – 19 years
	Childline https://www.childline.org.uk/info-advice/your-feelings/self-harm/
	ChildLine
Young	Young Peoples Mental Health - a guide for parents and carers, written
Peoples Mental Health	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:
	https://www.camhs-resources.co.uk/
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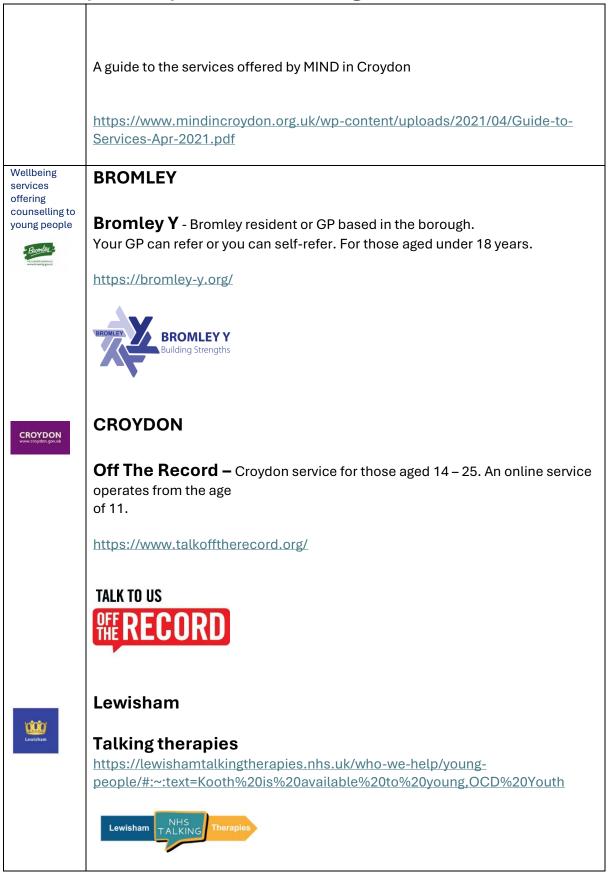
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Montol	
Mental Health Support – Online / by text	Kooth Online Forums and Counselling for your people between the age of 11-24.
	FREE ONLINE ADVICE FOR YOUNG PEOPLE
	Shout In a crisis?
	Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers
	Text 'shout' to 85258
	https://www.giveusashout.org/
	Calm Harm – Free
Ċ	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: <u>https://calmharm.co.uk/</u>
	SilverCloud – Free
\bigcirc	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
Further apps shared by CAMHS	Below is a link to wellbeing apps advertised on the CAMHS website. Some of these apps require payment:
	https://www.camhs-resources.co.uk/apps-1
Early Help services by borough	Early Help Services



Bromley	Bromley
www.bronityges.ck	Bromley Children's project
	https://www.bromley.gov.uk/bromleychildrenproject
CROYDON www.croydon.gov.uk	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
ریکی کی ایس ایس ایس ایس ایس ایس ایس ایس ایس ای	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 In a Laborative Concern	Bromley Parenting Hub https://bromleyparentinghub.info/
	Reducing Parental Conflict https://bromleyparentinghub.info/stop-think-change/parent- workshops/#online
	Online courses are available to all families.
	Bromley Parenting Hub. Building stronger parental relationships
Support for young	NSPCC
people exploring their	https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality- sexual-orientation/
sexuality	BROMLEY
* MFTRO	METRO Snap Youth group for LGBTQ people aged between 16 and 25 in Bromley
Embrace Difference	https://metrocharity.org.uk/youth/metro-snap

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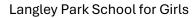


Email: youth@metrocharity.org.uk or call 020 8305 5004. CROYDON **METRO Bridge** Youth groups for LGBTQ people aged between 11 and 25 in Croydon https://metrocharity.org.uk/youth/metro-bridge Email: youth@metrocharity.org.uk or call 020 8305 5004. LEWISHAM **METRO Live** Youth group for LGBTQ people 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. Sexual Find services in your borough at the below web address: Health https://www.nhs.uk/service-search/otherservices/Sexual%20health%20services%20for%20young%20people/LocationS earch/735 The Havens Sexual For those who have been sexually assaulted in the past 12 months. Offending Forensic medical examinations, tests and treatment, counselling. https://www.thehavens.org.uk/how-we-can-help/

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Health	
	BritishRedCross
	https://www.redcross.org.uk/
Online safety	Parent Zone The experts in digital family life
	https://www.parents.parentzone.org.uk/
	parentzone The experts in digital family life
	NSPCC
	https://www.nspcc.org.uk/keeping-children-safe/online-safety/
	Saferinternet
	https://www.saferinternet.org.uk/advice-centre/young-people/resources-11- 19s
Odection	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
	<u>Click or Quit</u>
	parent-carer-guide.pdf
(V) gam	Youth gaming and gambling Free CPD for parents and carers
	For parents & carers Ygam
Social Media	Instagram Instagram is an American photo and video-sharing social networking service owned by Facebook.



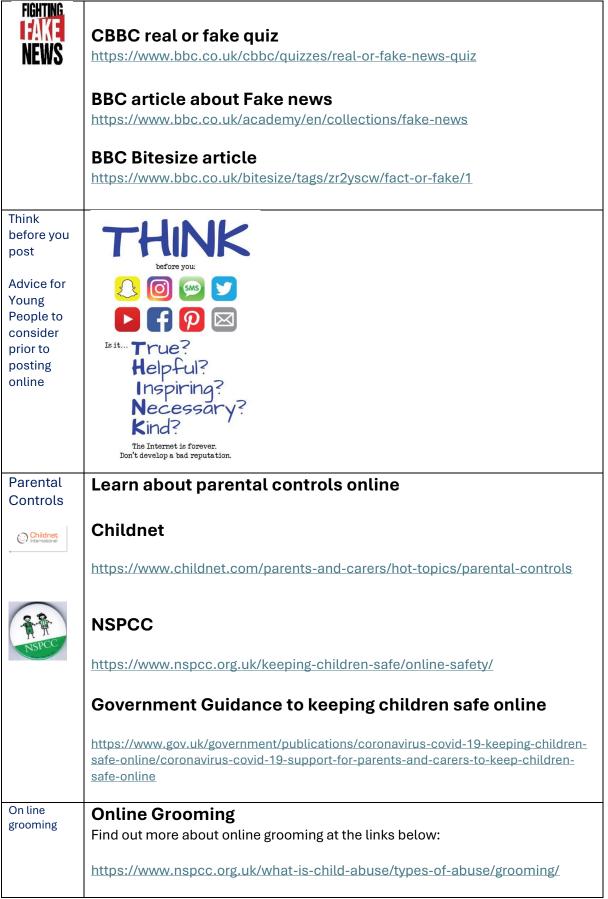
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Ø	Parental Guide for Teens on Instagram About Instagram https://about.instagram.com/community/parents
Minimum age for use 13+ years	Online groomers use of Instagram https://www.bbc.co.uk/news/uk-47410520
YouTube	You Tube YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos.
Minimum age to create an account is 13, with parental permission Individual videos carry age ratings.	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 ChatSnapchat 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
9	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.
Minimum age for use 13+ years	Find out more here: https://parentzone.org.uk/article/tiktok-everything-you-need-know-about- video-production-app
	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.
Minimum age for use 13+ years	Find out more here: https://parentzone.org.uk/article/whatsapp
	Fake News, Online Image and Hate Speech

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	Find out more and gain help or advice here:
UK Government	https://www.gov.uk/female-genital-mutilation-help-advice
NSPCC	https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital- mutilation-fgm/
PREVENT Keeping children safe	The Prevent Strategy
from radicalisation	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/
	Are you a parent or carer who has concerns your child
	might be abusing drugs or alcohol? Seek advice from borough services
	Seek advice from borough services
Bromley	Bromley
	https://www.changegrowlive.org/changes-young-peoples-service-bromley
CROYDON www.croydon.gov.uk	Croydon
	https://www.croydon.gov.uk/healthsocial/phealth/daservices
````	Lewisham
Lewisham	https://lewisham.gov.uk/myservices/socialcare/health/drugs-and-alcohol
FRANK	Talk to Frank
	https://www.talktofrank.com/
	Vaping – Ban of single use vapes since 1 st 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

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Disordered eating	Speak to your GP
	BEAT
	https://www.beateatingdisorders.org.uk/
	Beat
	NHS
	NHS
	The Maudsley
	MC CA ED Edild and Adolescent Eating Disorders
	Home - MCCAED (slam.nhs.uk)
	Young Carers
BWYC	Bromley
Bromley Wall Young Carers	https://www.bromleywell.org.uk/our-services/young-carers/
Bromley	Bromley Mencap
Incorporating Bramiley Scope	Children's Wellbeing Services
	https://www.bromleymencap.org.uk/wellbeing-services/
	Sibling Group
	http://www.bromleyparentvoice.org.uk/events/bromley-mencap- siblings-group-4/
	Croydon

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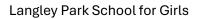
Holida	y safety and wellbeing resources
Croydon Ô Carers Centre	https://www.talkofftherecord.org/croydon/young-carers-service/
carerstewisham	Lewisham https://images.app.goo.gl/sV9y2C4RFTAHvNkF6
Free school meals	Free school meals
	Eligibility and how to apply
Biomley In Longon Bonch	Free school meals (bromley.gov.uk)
CROYDON www.croydon.gov.uk	Free school meals and help with uniform costs Croydon Council
Lewisham	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:
Biomeley weeksoon socioon	Bromley https://bromleyborough.foodbank.org.uk/
	Bromley Borough
CROYDON www.croydon.gov.uk	Croydon https://lambethcroydon.foodbank.org.uk/
	Lambeth & Croydon Foodbank Together with Trussell
	Lewisham https://lewisham.foodbank.org.uk/
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Lewisham	Lewisham Foodbank Together with Trussell
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:
Bioniley Internet Storense West Loost of general	Bromley https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme
CROYDON www.croydon.gov.uk	Croydon https://www.croydon.gov.uk/holiday-activities-and-food
Lewisham	Lewisham https://lewisham.gov.uk/myservices/young-people/holiday-programme-food- and-fun
	Exam related stress support
YOUNGMINDS Define his way paylor news have	Young Minds Exam Self-Care Mental Health Advice For Students YoungMinds
Amind	Mind Info on exam stress - for 11-18 year olds Mind - MindInfo on exam stress - for 11-18 year olds Mind - Mind
<u>ofqual</u>	Government advice Coping with exam pressure - a guide for students - GOV.UK
	Childline Exam stress and pressure Childline
	Bromley Health Care advice https://www.bromley0to19.co.uk/11-19-years/feelings/exam-stress



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Bromley Healthcare better together	Bromley Y
BROMLEY	https://bromley-y.org/video/
	Off the Record - Croydon
IALKATO US THE RECORD	https://www.talkofftherecord.org/get-info/school-college-and-uni/survival- guide-to-exams/
	Kooth
KOOTHICOM	https://explore.kooth.com/the-exam-stress-collection/
	Help for those worried about exam results
NHS	GCSE results day: Help is at hand Oxleas NHS Oxleas NHS Foundation Trust
National Careers Service	Get help with your exam results National Careers Service
	Exam results Childline
∰ GOV•UK	Exam results: 5 tips for parents and carers on supporting your child with results day – The Education Hub
SAFER schools	The Wait and Worries of Exam Results Day: How to Help Young People Prepare and Process - Safer Schools
YOUNGMINDS	Exam Results Stress: Advice for Young People Blog YoungMinds

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