






Holiday safety and wellbeing resources





	<p>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.</p> <p>Please right click to open hyperlinks. If your device does not support this, please copy and paste the links into your browser for access.</p>
<p>Concerned for a child's safety?</p>	<p>Multi Agency Safeguarding Hub (MASH)</p> <p>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.</p> <p>Bromley : T030 0303 8671 or ask for Children's services via 0208 464 3333 Croydon : T0208 726 6464 Lewisham : T0208 314 6660</p> <p>Police</p> <p>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/</p>  <p>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</p> <p>A new service launched by the Metropolitan Police in June 2025 – Met Engage Home Page - Met Engage</p>
<p>Help for a child expressing Suicidal Ideation</p>	<p>Support for young people expressing suicidal ideation</p> <p>A&E</p> <p>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.</p> <p>This may include an overnight stay. The hospital will put you in contact with services who help young people manage these feelings, like CAMHS.</p>

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	<p>Other avenues of support include your GP and the below online/telephone resources:</p> <p>Papyrus Lots of information and resources for young people and their parents.</p> <p>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</p> <p>HOPELineUK 0800 068 41 41</p> <p>Help and advice for young person and parent here: https://www.papyrus-uk.org/help-advice/</p> <p> PAPYRUS PREVENTION OF YOUNG SUICIDE</p> <p>ChildLine T0800 1111</p> <p></p> <p>Samaritans Need support? We're here to listen 24 hours, 365 days a year. Call 116 123 for free</p> <p> samaritans <i>you are not alone.</i></p> <p>https://www.samaritans.org/how-we-can-help/contact-samaritan/</p>
Concerns around self-harm	<p>Self-Harm concerns</p> <p>Your GP will be able to help with the subject of self-harm. They may refer your child to a counselling service (with your consent).</p>

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	<p>Getting help https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/</p> <p>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</p> <p>Self-harm UK</p> <p>Dedicated to self-harm recovery, insight and support https://www.selfharm.co.uk/</p>  <p>For those aged 14 – 19 years</p> <p>Childline https://www.childline.org.uk/info-advice/your-feelings/self-harm/</p> 
Young Peoples Mental Health	<p>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.</p> <p>http://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf</p> <p>CAMHS Child adolescent mental health service Resources: https://www.camhs-resources.co.uk/</p>

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CAMHS

Child & Adolescent Mental Health Services

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.

Link to Bromley CAMHS:

[Our Services | Oxleas NHS Foundation Trust](#)

CROYDON

www.croydon.gov.uk

CROYDON

Link to Croydon CAMHS:

<https://slam.nhs.uk/children-and-young-people>



Lewisham

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>

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	<p>A guide to the services offered by MIND in Croydon</p> <p>https://www.mindincroydon.org.uk/wp-content/uploads/2021/04/Guide-to-Services-Apr-2021.pdf</p>
<p>Wellbeing services offering counselling to young people</p>   	<p>BROMLEY</p> <p>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.</p> <p>https://bromley-y.org/</p>  <p>CROYDON</p> <p>Off The Record – Croydon service for those aged 14 – 25. An online service operates from the age of 11.</p> <p>https://www.talkofftherecord.org/</p> <p>TALK TO US</p>  <p>Lewisham</p> <p>Talking therapies</p> <p>https://lewishamtalkingtherapies.nhs.uk/who-we-help/young-people/#:~:text=Kooth%20is%20available%20to%20young,OCD%20Youth</p> 

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<p>Mental Health Support – Online / by text</p>	<p>Kooth Online Forums and Counselling for your people between the age of 11-24.</p> <p> FREE ONLINE ADVICE FOR YOUNG PEOPLE</p> <p>Join here: https://www.kooth.com/signup</p> <p>Shout In a crisis? Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers</p> <p>Text 'shout' to 85258</p> <p></p> <p>https://www.giveusashout.org/</p>
	<p>Calm Harm – Free</p> <p>Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.</p> <p>Find out more and access here: https://calmharm.co.uk/</p>
	<p>SilverCloud – Free</p> <p>SilverCloud is for people aged 16 or over who need help with mental health issues and the emotional challenges associated with long-term conditions.</p> <p>Find out more here: https://www.silvercloudhealth.com/uk</p>
<p>Further apps shared by CAMHS</p>	<p>Below is a link to wellbeing apps advertised on the CAMHS website. Some of these apps require payment:</p> <p>https://www.camhs-resources.co.uk/apps-1</p>
<p>Early Help services by borough</p>	<p>Early Help Services</p>





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  	<p>Bromley</p> <p>Bromley Children's project</p> <p>https://www.bromley.gov.uk/bromleychildrenproject</p> <p>Croydon</p> <p>https://www.croydon.gov.uk/children-young-people-and-families/early-help-support</p> <p>programme of parenting support:</p> <p>https://www.croydon.gov.uk/children-young-people-and-families/early-help-support/parenting-programmes</p> <p>Lewisham</p> <p>https://lewisham.gov.uk/myervices/children-and-young-people-service/earlyhelp</p> <p>Programme of parenting support:</p> <p>https://lewisham.gov.uk/myervices/children-and-young-people-service/earlyhelp/supporting-families-programme</p>
	<p>Bromley Parenting Hub</p> <p>https://bromleyparentinghub.info/</p> <p>Reducing Parental Conflict</p> <p>https://bromleyparentinghub.info/stop-think-change/parent-workshops/#online</p> <p>Online courses are available to all families.</p> <div data-bbox="547 1357 1209 1592">  </div>
<p>Support for young people exploring their sexuality</p> 	<p>NSPCC</p> <p>https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/</p> <p>BROMLEY</p> <p>METRO Snap</p> <p>Youth group for LGBTQ people aged between 16 and 25 in Bromley</p> <p>https://metrocharity.org.uk/youth/metro-snap</p>






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Health	 BritishRedCross https://www.redcross.org.uk/
Online safety	<p>Parent Zone The experts in digital family life</p> <p>https://www.parents.parentzone.org.uk/</p>  <p>NSPCC</p> <p>https://www.nspcc.org.uk/keeping-children-safe/online-safety/</p> <p>Saferinternet</p> <p>https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s</p> <p>Childline Advice for staying safe online</p> <p>https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/</p>  <p>Online challenges – 1 decision A parent guide to online challenges</p> <p>Click or Quit</p> <p>parent-carer-guide.pdf</p>  <p>Youth gaming and gambling Free CPD for parents and carers</p> <p>For parents & carers Ygam</p>
Social Media	<p>Instagram Instagram is an American photo and video-sharing social networking service owned by Facebook.</p>

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 <p>Minimum age for use 13+ years</p>	<p>Parental Guide for Teens on Instagram About Instagram https://about.instagram.com/community/parents</p> <p>Online groomers use of Instagram https://www.bbc.co.uk/news/uk-47410520</p>
 <p>Minimum age to create an account is 13, with parental permission Individual videos carry age ratings.</p>	<p>You Tube YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos.</p> <p>You Tube parental controls https://support.google.com/families/answer/10495678?hl=en</p> <p>Live streaming advice from the NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/</p>
 <p>Minimum age for use 13+ years</p>	<p>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.</p> <p>Snap Chat family centre https://parents.snapchat.com/family-center</p>
 <p>Minimum age for use 13+ years</p>	<p>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.</p> <p>Find out more here: https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-production-app</p>
 <p>Minimum age for use 13+ years</p>	<p>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.</p> <p>Find out more here: https://parentzone.org.uk/article/whatsapp</p>
	<p>Fake News, Online Image and Hate Speech</p>

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	<p>CBBC real or fake quiz https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz</p> <p>BBC article about Fake news https://www.bbc.co.uk/academy/en/collections/fake-news</p> <p>BBC Bitesize article https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1</p>
<p>Think before you post</p> <p>Advice for Young People to consider prior to posting online</p>	
<p>Parental Controls</p>  	<p>Learn about parental controls online</p> <p>Childnet https://www.childnet.com/parents-and-carers/hot-topics/parental-controls</p> <p>NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/</p> <p>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</p>
<p>On line grooming</p>	<p>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/</p>









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	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)
  	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
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

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

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<p>Disordered eating</p>	<p>Speak to your GP</p> <p>BEAT https://www.beateatingdisorders.org.uk/</p>  <p>NHS</p>  <p>The Maudsley</p>  <p>Home - MCCAED (slam.nhs.uk)</p>
 	<p>Young Carers</p> <p>Bromley https://www.bromleywell.org.uk/our-services/young-carers/</p> <p>Bromley Mencap Children's Wellbeing Services https://www.bromleymencap.org.uk/wellbeing-services/</p> <p>Sibling Group http://www.bromleyparentvoice.org.uk/events/bromley-mencap-siblings-group-4/</p> <p>Croydon</p>

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 	<p>https://www.talkofftherecord.org/croydon/young-carers-service/</p> <p>Lewisham</p> <p>https://images.app.goo.gl/sV9y2C4RFTAHVnKf6</p>
<p>Free school meals</p>   	<p>Free school meals</p> <p>Eligibility and how to apply</p> <p>Free school meals (bromley.gov.uk)</p> <p>Free school meals and help with uniform costs Croydon Council</p> <p>Lewisham Council - Free school meals and extra support for your child</p> <p>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.</p> <p>These will be sent out, as usual in voucher form.</p>
<p>Food banks</p>  	<p>Food Banks</p> <p>For those of you whose circumstances may require the use of food banks please see below for details:</p> <p>Bromley</p> <p>https://bromleyborough.foodbank.org.uk/</p> <p></p> <p>Croydon</p> <p>https://lambethcroydon.foodbank.org.uk/</p> <p></p> <p>Lewisham</p> <p>https://lewisham.foodbank.org.uk/</p>

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

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