

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</p> <p>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>

Holiday safety and wellbeing resources

	<p>Other avenues of support include your GP and the below online/telephone resources:</p> <p>NHS Direct for urgent mental health support 111</p> <p>ChildLine T0800 1111</p>  <p>Samaritans Need support? We're here to listen 24 hours, 365 days a year. Call 116 123 for free</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 concerns relating to subject of self-harm. They may refer your child to a counselling service (with your consent).</p> <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/</p> <p>file:///N:/Coping%20with%20Self%20Harm%20Brochure_FINAL_copyright%20(1).pdf</p> <p>Childline https://www.childline.org.uk/info-advice/your-feelings/self-harm/</p> 



Holiday safety and wellbeing resources

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/>

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

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>

Holiday safety and wellbeing resources

	 <p>Young Peoples Mental Health</p> <p>A guide for parents and carers, written by young people. This includes resources that are both national and others that are within Croydon Borough.</p> <p>https://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf</p> <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>

Holiday safety and wellbeing resources



	<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> 
<p>Mental Health Support – Online / by text</p>	<p>Kooth</p> <p>Online Forums and Counselling for your people between the age of 11-24.</p>  <p>Join here: https://www.kooth.com/signup</p> <p>Shout</p> <p>In a crisis?</p> <p>Anxious? Worried? Stressed?</p> <p>Get 24/7 help from our team of Crisis Volunteers</p> <p>Text 'shout' to 85258</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>

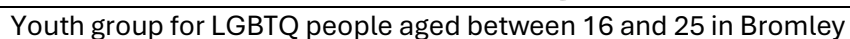
Holiday safety and wellbeing resources

	
	<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>b-Hive Therapy Hub of services in Bromley</p> <p>Welcome to the b-HIVE - A therapy collective for Bromley - b-HIVE</p>
	<p>The Wellbeing Hub – Teen Tips</p> <div data-bbox="359 907 782 1064">  </div> <p>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.</p> <p>The Wellbeing Hub provides advice to users about a huge range of concerns that affect young people today.</p> <p>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:</p> <p>Accessing The Wellbeing Hub You can register by scanning the QR code below:</p> <div data-bbox="347 1523 829 2004">  </div>

Holiday safety and wellbeing resources



<p>Early Help services by borough</p>   	<p>Early Help Services</p> <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/my services/children-and-young-people-service/earlyhelp</p> <p>Programme of parenting support:</p> <p>https://lewisham.gov.uk/my services/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> 
<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>



<https://metrocharity.org.uk/youth/metro-snap>

Email: youth@metrocharity.org.uk or call 020 8305 5004.

CROYDON



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

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.



Find services in your borough at the below web address:

<https://www.nhs.uk/service-search/other-services/Sexual%20health%20services%20for%20young%20people/LocationSearch/735>

The Havens

For those who have been sexually assaulted in the past 12 months. Forensic medical examinations, tests and treatment, counselling.

<https://www.thehavens.org.uk/how-we-can-help/>

Support for young people worried about sexual behaviour

Updated October 2026

Holiday safety and wellbeing resources

	<p>Youth gaming and gambling Free CPD for parents and carers</p> <p>For parents & carers Ygam</p>
<p>Social Media</p>	<p>Social media to be banned for under-16s in landmark government move to give kids their childhood back</p> <p>This is expected to come into force in Spring 2027</p> <p>https://www.gov.uk/government/news/social-media-to-be-banned-for-under-16s-in-landmark-government-move-to-givekids-their-childhood-back</p> 
 <p>Minimum age for use 13+ years</p>	<p>Instagram Instagram is an American photo and video-sharing social networking service owned by Facebook.</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>

Holiday safety and wellbeing resources

 <p>Minimum age for use 13+ years</p>	<p>Snap Chat</p> <p>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</p> <p>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</p> <p>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> <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>

Holiday safety and wellbeing resources

<p>Think before you post</p> <p>Advice for Young People to consider prior to posting online</p>	
<p>School mobile phone use</p>	<p>Mobile phones in schools policy</p> <p>https://www.gov.uk/government/publications/mobile-phones-in-schools/mobile-phones-in-schools</p> <p>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.</p> 
<p>Parental Controls</p>  	<p>Learn about parental controls online</p> <p>Childnet</p> <p>https://www.childnet.com/parents-and-carers/hot-topics/parental-controls</p> <p>NSPCC</p>



Holiday safety and wellbeing resources

	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)
  	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/

Holiday safety and wellbeing resources

  	<p>Winston's Wish</p> <p>https://www.winstonswish.org/</p> <p>Child Bereavement UK</p> <p>https://www.childbereavementuk.org/</p> <p>The Candle Project – St Christophers Hospice</p> <p>St Christopher's Children and Young People's Bereavement Service (Candle) - St Christopher's Hospice (stchristophers.org.uk)</p>
<p>FGM</p>  	<p>FGM – Female Genital Mutilation</p> <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 misusing drugs or alcohol?</p> <p>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>

Holiday safety and wellbeing resources



 	<p>Lewisham</p> <p>https://lewisham.gov.uk/my services/socialcare/health/drugs-and-alcohol</p> <p>Talk to Frank</p> <p>https://www.talktofrank.com/</p>
<p>THC Vape Use</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> <p>https://changegrowlive.org/young-people/vaping/thc</p>
<p>Disordered eating</p>	<p>Disordered eating</p> <p>Speak to your GP</p> <p>Online support</p> <p>BEAT</p>  <p>https://www.beateatingdisorders.org.uk/</p> <p>NHS</p>  <p>https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/</p> <p>The Maudsley</p>

Holiday safety and wellbeing resources

	 <p>Maudsley Centre for Child and Adolescent Eating Disorders</p> <p>Home - MCCAED (slam.nhs.uk)</p>
   	<p>Young Carers</p> <p>Bromley</p> <p>https://www.bromleywell.org.uk/our-services/young-carers/</p> <p>Bromley Mencap</p> <p>Children's Wellbeing Services</p> <p>https://www.bromleymencap.org.uk/wellbeing-services/</p> <p>Sibling Group</p> <p>http://www.bromleyparentvoice.org.uk/events/bromley-mencap-siblings-group-4/</p> <p>Croydon</p> <p>https://www.talkofftherecord.org/croydon/young-carers-service/</p> <p>Lewisham</p> <p>https://images.app.goo.gl/sV9y2C4RFTAHzNkF6</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>

Holiday safety and wellbeing resources

	<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. 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 https://bromleyborough.foodbank.org.uk/</p> <p>Croydon https://lambethcroydon.foodbank.org.uk/</p> <p>Lewisham https://lewisham.foodbank.org.uk/</p>
<p>HAFS</p>  	<p>Holiday Activities and Food Programme – HAFS</p> <p>This programme is available to students who are currently in receipt of free school meals.</p> <p>Please find out more below from your respective borough:</p> <p>Bromley https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme</p> <p>Croydon https://www.croydon.gov.uk/holiday-activities-and-food</p> <p>Lewisham</p>

Holiday safety and wellbeing resources



	https://lewisham.gov.uk/my services/young-people/holiday-programme-food-and-fun
 	<p>Water Safety</p> <p>RNLI https://rnli.org/safety</p> <p>Royal Life Saving Society https://www.rlss.org.uk/pages/category/water-safety-information</p> <p>Government advice https://assets.publishing.service.gov.uk/media/5a74a95440f0b61df477770b/Water_Safety_leaflet_76a791.pdf</p>
<p>Exam preparation and staying well</p> 	<p>Exam related stress resources</p> <p>Will your child be sitting public exams this summer? If so below are some resources to aid preparation and wellbeing.</p> <p>Dealing with Exam Stress CALM</p> <p>How to deal with exam stress in the run-up to GCSEs and Nationals - BBC Bitesize</p> <p>Info on exam stress - for 11-18 year olds Mind</p> <p>Staying mentally healthy during exams Resources YoungMinds</p> <p>KOOTHEExamTipsDigitalBrochure.pdf</p> <p>Exam stress and pressure Childline</p> <p>Coping with exam pressure - a guide for students - GOV.UK</p>
	<p>Exam Results</p>

Holiday safety and wellbeing resources

   	<p>Support and guidance if results are unexpected</p> <p>If your child does not achieve the results they were hoping for, there are several sources of advice and guidance available:</p> <ul style="list-style-type: none">  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  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 <p>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.</p>
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