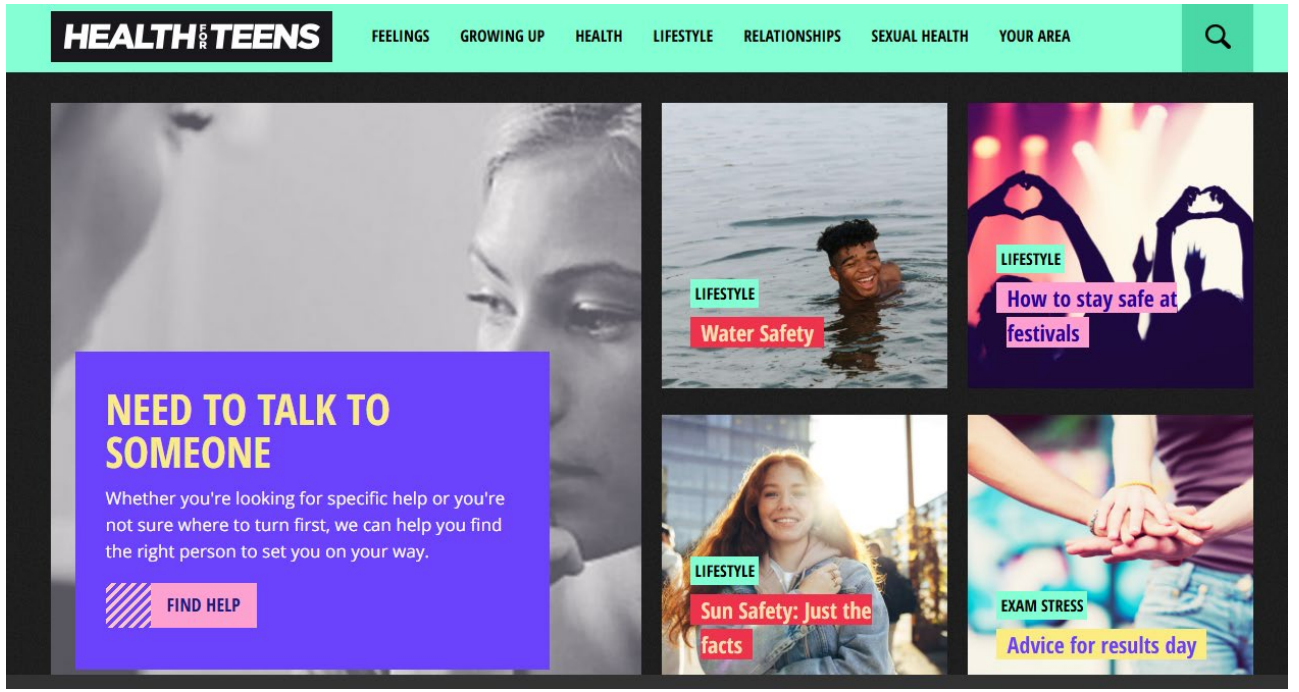
Never be afraid to reach out to a trusted adult at home with a question or worry!

The familiar help sites on the next few slides have links to click for advice and help.

ChildLine advice: coping during the school holidays ☺



General wellbeing tips during the school break.

.

1. Who is your trusted adult? Always talk about concerns before they grow bigger.

2. The following slides have links to advice and services for you to explore.

3. ChildLine is our 'go to' help site. Say how you're feeling on the message boards or use the Coping Kit.

4. Talk to a Childline counsellor.

We look forward to seeing you soon ☺

Make time for yourself.
Why not enter the 'calm zone'?

Online help and advice

click the links

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Healthy relationships, exploitation, grooming, abuse, substance misuse, mental health, online safety .... information, advice and help for all risks for young people.

THE MIX

Essential support for under 25s

You tube offers a variety of mindful moments to choose from. To begin, choose from the link below, from Headspace.

Mindful Moment

Staffordshire health app finder

Free health apps to support your mental health

HEALTH FOR TEENS

Everything could want to know about health and wellbeing.

Stop it now

Information and help to prevent child sexual abuse.

WINSTON'S WISH

Giving hope to grieving children

Dove Service

Services that support with grief.

AMPARO support following suicide

For those affected by suicide. This is NOT a crisis line.

In a crisis

For a person in crisis

NHS 111

Call 111 – 24 hours every day

Samaritans – for everyone

Call 116 123

Suicide prevention

Text for mental health support:
Newcastle and Staffordshire Moorlands and S-o-T
07312 263117

fearless

Part of Crimestoppers

Fearless.org 0800 555 111

Confidential phone line to anonymously report exploitation concerns and get non-judgemental advice about criminality

https://crimestoppers-uk.org/fearless

Direct help click the links

THE CARITAS OFFER – PERSONAL DEVELOPMENT

Stay Well Children and Young People

Children, young people and their families can contact Stay Well for help, advice and support.:
Call: 01782 418 518
https://staffs.staywellcyp.org/

STAFFORDSHIRE CONNECTS

Outlines all local wellbeing and mental health support for children living in Staffordshire.

Children's mental health support pathway

COMBINED WELLBEING

For adults and children: outlines all wellbeing and mental health support

Crisis contact: Single Point of Access:
Tel: 0800 0 328 728

Free & confidential talking therapy

Call 0300 303 0923

Phone 111 if you're:

- feeling distressed
- in a state of despair
- suicidal
- in need of emotional support

Phone 999 for emergency ambulance

What if there's a difficult moment online?

What is I make a mistake – do something I shouldn't have?
What if I'm worried for a friends or for myself? You are never to blame for harm you experience.

Tell a trusted adult as soon as possible. Always talk to friends, family, trusted adult in school, or a support service about any online concerns or if you need information :

- ChildLine – online + mobile
- ChildLine – sexting and nudes
- ChildLine – grooming
- ChildLine –fake news and misinformation.
- ChildLine – taking control of your online safety.

Take It Down

REPORT REMOVE

THE CYBERSMILE FOUNDATION
Help Center

CEOP
A National Crime Agency command
Child Exploitation and Online Protection command

https://www.ceop.police.uk/Safety-Centre/

Emergency contacts outside of school

If there is **immediate** risk of serious harm to a person, always call 999.

If you think a child, (including yourself or a friend), is at risk of significant harm, please use the contact details that follow.

For a child with an address in **Staffordshire**:

Staffordshire Families Integrated Front Door (SFIFD)

0300 111 8033 (new number from July 2026)

Monday - Thursday 8:30am – 5pm (4:30pm Friday)
Out of these hours, call:

0345 604 2886

Concerned about a child in Staffordshire?

For a child with an address in **Stoke-on-Trent**:

online portal: childrensportallcs.stoke.gov.uk

S-o-T Integrated Front Door

01782 235100

Monday - Friday 8:30am – 6pm
Out of these hours, call:

01782 234234

Concerned about a child in S-o-T?