**Wellbeing and Support Guidance**

Mental Health support and self-care resources for young people can be found on [www.annafreud.org/coronovirus](http://www.annafreud.org/coronovirus).

Further information for parents and young people on looking after your mental health whilst self-isolating can be found on:

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

There are tips and information on staying connected, staying calm, dealing with stressful situations at home and signposting to further helplines and resources with practical ideas on planning your day, remaining productive and suggesting on-line board games you can play with friends.

For students residing in WSCC and in need of emotional well-being support or advice, there will be phone contact available via the Chichester Information Shop on 01243 839093 and Dialogue counselling on 01273 725259, [dialogue@ymcadlg.org](mailto:dialogue@ymcadlg.org)

For students residing in Hampshire the Havant and East Hants MIND can be contacted on 02392 498916. The Havant Safe Haven, mental health support for Young People can also be accessed via their Facebook site.

The ‘Love Your Neighbour’ campaign, run by the New Life Church in Emsworth aims to support vulnerable families in the community, working alongside the food banks by collecting and delivering groceries (non-perishable), toiletries and donations. Contact them for further advice or if you would like to chat to someone [help@newlifechurch.me](mailto:help@newlifechurch.me); 07835 441076.

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| **On-Line & Telephone Support for Young People:** | |
| **Childline**: 080011 11  **Young Minds Crisis Messenger**: TEXT 85258  **Young Minds**: [www.youngminds.org.uk](http://www.youngminds.org.uk)  **Dialogue Counselling**: [dialogue@ymcadlg.org](mailto:dialogue@ymcadlg.org) 01273 725259 (WSCC)  **ChatHealth**: School Nursing Service, emotional and physical health, TEXT 07480 635424  **CGL** substance misuse: 0300 303 8677  **Young Carers**: WSCC 01903 270300 youngcarers@westsussex.gov.uk; Hampshire 023 9247 4724  **Information Shop**: [www.informationshop.org.uk](http://www.informationshop.org.uk), 01243 839093  **Samaritans**: 116 123  **Off The Record** 023 9247 4724; support helpline 0808 80 10 724 (free from landline)  **Havant and East Hants MIND**: 02392 498916  **e-wellbeing.co.uk** – mental health/self-care advice  [www.happymaps.co.uk](http://www.happymaps.co.uk) – self-help for young people | |
| **Additional Support and Information for**  **West Sussex Families** | **Additional Support and Information for Hampshire Families** |
| **Child Protection/safeguarding concerns -** 01403 229900. Out of hours 0330 222 6664  **Children and Family Centre**—01243 642953  **Foodbank**—Chichester 01243 773687  Mon/Wed 2-4pm, Fri 4-6pm  https://chichesterdistrict.foodbank.org.uk/get-help/lunchpacks/  **Enabling Families**—Call 01243 642950 to request a consultation with an Early Help professional; for families struggling with more complex needs.  [www.familylives.org.uk](http://www.familylives.org.uk) – confidential parenting, family advice.  [www.chlidlawadvice.org.uk](http://www.chlidlawadvice.org.uk)  **Youth Emotional Support YES** – [yes@westsussex.gov.uk](mailto:yes@westsussex.gov.uk), 0330 222 6711  **Chichester Information Shop**—Counselling, sexual health advice, and all matters concerning young people, [www.informationshop.org.uk](http://www.informationshop.org.uk)  **Dialogue Counselling** – [dialogue@ymcadlg.org](mailto:dialogue@ymcadlg.org)  01273 725259  **WORTH** Domestic Abuse Service for adults and young people—0808 2000 247  **Life Centre**—Adult, under 18, male and female survivors of rape and sexual abuse. https://lifecentre.uk.com; 0808 802 808  **Sussex Mental Health** 24 hr line for adults—0300 5000 101  **Citizens Advice**—01243 776528  **Benefits Calculator:**  <https://www.gov.uk/benefits-calculators> | **Child Protection/safeguarding concerns-**  0300 555 1384, out of hours 0300 555 1373  **Sharps Copse Children and Family Centre** – 023 9244 1400  **Beacon Food Bank**, The Meridian Centre - 07718 424618  [www.familylives.org.uk](http://www.familylives.org.uk) – confidential parenting, family advice.  [www.childlawadvice.org.uk](http://www.childlawadvice.org.uk)  **www.barnardos.org.uk** – parenting support  **SDAS** (southern Domestic Abuse Service)/ Stop Domestic Abuse UK – 0330016 5112  **Havant and East Hants** **MIND** (support for adults, families and 0-19 years with mental health and emotional well-being) –  ***02392 498 916***  **Adult Mental Health Services**, Parkway Centre **–** 023 92683500; Crisis number – 02392344562  **Young Minds**, Mental Health Parents Helpline – 0808 802 5544  **Off The Record** (Information, support and counselling for 11 – 25 years) – 023 9247 4724, support helpline 0808 80 10 724 (free from a landline)  **Citizens Advice** –0344 4111306  [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk) – Local welfare assistance information and advice (debt, money, emergency food, short term grants, housing, furniture etc.) - 0300 3301150  **Benefits Calculator:**  <https://www.gov.uk/benefits-calculators> |