

West Yorkshire Police has launched an initiative to engage parents and carers to talk to their children about **online sites and apps** they are using, during a time when they may be online more regularly.

<https://www.westyorkshire.police.uk/YourChild>



An independent charity, which offers online chat and phone advice for people affected by **crime or traumatic events**.

<https://www.victimsupport.org.uk>



Calderdale Public Health Early Years' Service: **Health visiting and breastfeeding support** to families of children aged 0-5 years

Call: 030 0304 5076

Online: <http://www.healthyearlyyears.co.uk/>

Insert school website / safeguarding details



Healthy Futures Calderdale: Specialist **physical health and emotional wellbeing support** for school-aged children and young people and their families

Call: 030 3330 9974

ChatHealth secure/confidential text messaging service:

07480 635297 (young people)

07507 332157 (parents/carers)

Safeguarding Our Community



<https://safeguarding.calderdale.gov.uk>



Young Minds provides lots of tips, guidance and support around **mental health, anxiety and self-isolation**.

<https://youngminds.org.uk>



Employment and financial guidance, as well as advice on how to avoid **scams** during the pandemic.

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which **protects children both online and offline**. Games, videos and activities for EYFS, KS1, KS2 and KS3 children.

<https://www.thinkuknow.co.uk>



Children's Commissioner has created an excellent **children's guide to Coronavirus** to expand understanding and reduce worries.

<https://www.childrenscommissioner.gov.uk>

The Mental Health Foundation has produced several guides, including Looking After Your Physical Health and Wellbeing While Staying At Home, Talking To Children About A Pandemic, Finance and Unemployment Worries, Mental Health Advice For Older People and Random Acts Of Kindness During The Coronavirus Outbreak. <https://mentalhealth.org.uk/coronavirus>



Open Minds provides advice, information, support and signposting on local and national emotional health and **wellbeing services** that help children, young people and families who are going through a difficult time.

<http://www.openmindscalderdale.org.uk>

Resources, guidance and support for people living with **domestic abuse** through the coronavirus pandemic.

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>



Kooth provides free, safe and anonymous online **support for young people**

<https://www.kooth.com>



The NSPCC has some advice and support for parents and carers who may be **working from home with children** for the first time. It also has advice about **supporting children with anxiety** due to the coronavirus. <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

