

Dear Parent/Carer

Over the Christmas break many children receive new devices and technology. We encourage parents and students to be aware of the risks associated with this.

Please see the resource from ThinkYouKnow.co.uk.

<https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/>

Where can I get support this Christmas Break?



CRISIS SERVICES

- Call Sussex Mental Healthline on 0300 500 0101
- Go to A&E or call 999

NON-CRISIS SERVICES

- Speak to your GP or call 111 (for physical and/or mental health concerns)
- Call the Early Help Duty Line for advice from Early Help: 0330 222 8077
 - Find online resources via e-wellbeing: <https://e-wellbeing.co.uk/>
 - Call The Mix (for general support) on 0808 808 4994
- Call Papyrus Hopeline (for help with suicidal feelings) on 0800 068 4141

TEXT SERVICES

- TEXT: THE MIX to 85258 (for general support)
- TEXT: SHOUT to 85258 (for help with self-harm)
- TEXT: PYPYRUS to 07860 039967 (for help with suicidal feelings)

Have a peaceful Christmas,

Davison Safeguarding Team