

Mental Health :

NHS - Mental Health apps (be aware some have a charge but some are free to access)

Website to access 21 useful 'mind' apps;

<https://www.nhs.uk/apps-library/category/mental-health>



NHS - Every Mind Matters

Website <https://www.nhs.uk/oneyou/every-mind-matters>

Papyrus's Hopeline UK – Crisis support for under 35's (Prevention of young suicide)

Website <https://papyrus-uk.org>

Freephone 0800 068 41 41 (Open from 9am to 10pm weekdays and 2pm to 10pm at weekends) Text 07786 209697



The Samaritans

Website <https://www.samaritans.org>

Freephone 116 123



Shout – Immediate help text line

Text the word **SHOUT** to **85258**

Mind

Website <https://www.mind.org.uk>



Child/SEND Support Website Links:

Think You Know (Concerns about a child)

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

Nosy Crow – online books

<https://nosycrow.com/>

Leicestershire Local Authority SEND services

<http://www.leicestershire.gov.uk/local-offer>

EPIC – Educational Psychology and Wellbeing Services

<https://epicleics.com/epic/?ijj=1586355318492>

Twitter @EPIC_wellbeing



Supporting our Barwell Families

This flyer has been designed to be a one stop place to find contact details of some of the main organisations and companies that offer various types of support. If you require further help please do not hesitate to contact Jodie or the school office, or email our admin team at: admin@barwellacademy.org



Financial services:

Universal Credit

Website <https://www.gov.uk/apply-universal-credit>

Council Rent payment concerns

Website https://www.hinckley-bosworth.gov.uk/info/120/pay_your_rent/158/council_housing_-_rents/2

Council Tax Benefit

Website <https://www.hinckley-bosworth.gov.uk/help-paying-council-tax>

Loan payment concerns

Contact the loan provider directly

Utilities

Contact Electricity/Water/Gas companies directly

Emergency Food Parcels

Local Food Banks – There are some changes to these. Please contact Jodie for help.



Domestic Abuse Support:

If you are in immediate danger always call the police, and always dial 999 if it is an emergency.

They have a duty to protect and help you.

Government Domestic Abuse Advice:

Website <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Refuge

Website <https://www.refuge.org.uk>

Freephone 24 hour National Domestic Abuse Help Line

0808 2000 247

Rights of Women (Legal advice)

Website <https://rightsofwomen.org.uk/get-advice>

Mankind (Male support)

Phone 01823 334244

Website <https://www.mankind.org.uk>

