



Hello!



Issue 6 - Winter 2021

From your Support, Time and Resilience (STAR) Workers and the Primary Mental Health Team (PMHT) at Havering Child and Adolescent Mental Health Service (CAMHS).

We hope you have had a relaxing half term break. As we prepare for the weeks leading up to Christmas, we wanted to provide you with our Winter 2021 newsletter containing up-to-date information about support services available in Havering for parents/carers, children and young people, so you can continue looking after your emotional health during the festive period.

An update from the **STAR Workers** and **Primary Mental Health Workers**:

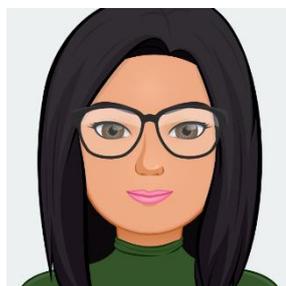
We sadly had to say goodbye to Emma, Chance and Marco who have now left CAMHS to embark on new endeavours. Unfortunately, we are also having to say goodbye to Becki who is leaving the service at the end of the month.

However, we welcome new STAR Workers Simran and Maisie who have recently joined the team.

The current STAR Worker and PMHT are jointly allocated to a cluster of schools, the team currently consists of:

North:

Simran



Justine



North Central:

TBC

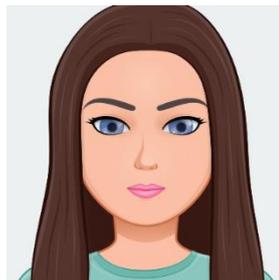
Becki



South:

Maisie

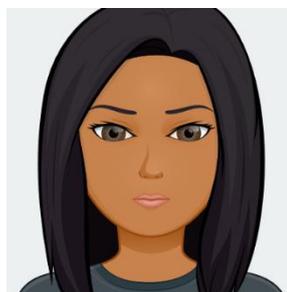
Trevor



South Central:

Jamila

Aimee



PMHT Admin:

Laura



Currently, drop-ins and staff consultations are still taking place virtually and are booked directly through our admin Laura. So far, the feedback we've received suggests this way of working could continue as it has increased accessibility and ease of support. However, we recognise that some schools would prefer in person contact/support so we are still very much interested in hearing from you with any feedback or suggestions on how we can best support your school going forward, please do get in touch.

You will receive regular invites for drop-ins and staff consultations, as well as e-mails to promote positive mental wellbeing in your school/college from Laura. Invites for drop-ins and staff consultations will continue until the Christmas break and then will recommence in January.

Please see below for a wide range of emotional wellbeing and support services available to you.

Primary School



HEALTH LITERACY FOR PRIMARY SCHOOL



Havering Child and Adolescent Mental Health Services (CAMHS) offer help to children and young people who are experiencing emotional, behavioural or mental health difficulties. Our services are available to families with children and young people from birth to their 18th birthday. For information on how to refer and access to the referral form, please visit: <https://www.nelft.nhs.uk/services-havering-camhs-clinicians/>

Havering CAMHS have put together a list of resources for those aged between 5-11. Keep an eye on the website for new resources and upcoming events

<https://www.nelft.nhs.uk/havering-resources-camhs-age-5-11>

Health Literacy sessions will be delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include health-related reading groups, assemblies and story times using the Reading Well for Children book list, how to evaluate high-quality health information online or offline, raising awareness of fake health news and guest speaker at health-related lessons. For more information please contact your school

Reading Well for Children – a booklist has been created to support the health and wellbeing of children. The books are available for free at public libraries and targeted at ages 7-11. Book topics include coping with feelings and worries, anger, daily life and getting through a tough time. For a copy of the list please contact your school or visit www.readingagency.org.uk

ELSA Support, provide downloadable resources to promote emotional literacy ready to print and use: <https://www.elsa-support.co.uk/>

ChildLine is here to help anyone under 19 in the UK with any issue they're going through. ChildLine is free, confidential and available any time. You can call 0800 1111, email, or use 1-2-1 counsellor chat. Due to COVID-19, please check the website for updates regarding opening times and support offers.

ChildLine has message boards where young people can talk to each other safely and anonymously or read what other young people have shared. They also have a Calm Zone and interactive site to support

children's wellbeing. Additionally, ChildLine have a Deaf Zone, where you can receive advice and support in English and British Sign Language (BSL). Visit www.childline.org.uk



Samaritans offer a safe place for you to talk any time you like about whatever's getting to you. Due to COVID-19, branch visits have been suspended and there is no face-to-face service but their phone lines are open anytime 24hrs a day. Support is available on the Freephone number 116 123 and via email at jo@samaritans.org

Samaritans Self-Help App - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis



The Sleep Charity provides advice and support to empower the nation to sleep better. They offer a range of services, such as the Teen Sleep Hub which offers resources for young people in secondary schools. A helpline has been created which is open 5 nights a week (Sunday – Thursday), call on: 03303 530541. Also visit: <https://thesleepcharity.org.uk/>

Secondary School



HEALTH LITERACY FOR SCHOOLS



Havering Child and Adolescent Mental Health Services (CAMHS) offer help to children and young people who are experiencing emotional, behavioural or mental health difficulties. Our services are available to families with children and young people from birth to their 18th birthday. For information on how to refer and access to the referral form, please visit: <https://www.nelft.nhs.uk/services-havering-camhs-clinicians/>

Mental Health Direct is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**. If you already receive support from a mental health team, contact them directly if it is between 9-5pm or Mental Health Direct if out of hours

Havering CAMHS have put together a list of resources for those aged between 11-18. Keep an eye on the website for new resources and upcoming events

<https://www.nelft.nhs.uk/havering-resources-camhs-age-11-18>.

Health Literacy sessions will be delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include health-related reading groups, assemblies and story times using the Reading Well for Children book list, how to evaluate high-quality health information online or offline, raising awareness of fake health news and guest speaker at health-related lessons. For more information please contact your school

Shout is a free crisis text line for support when feeling anxious, worried, stressed and needing immediate support. Text Shout on **85258**



Kooth is a safe, free, and anonymous online counselling and support service for young people aged 11-24. Choose how you want to access help, from magazines, forums, activity centres, messaging and live counselling.

Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm. Make an account to access the website, the username can be anonymous. Visit www.kooth.com



ChildLine is here to help anyone under 19 in the UK with any issue they're going through. ChildLine is free, confidential and available any time. You can call 0800 1111, email, or use 1-2-1 counsellor chat. ChildLine has message boards where young people can talk to each other safely and anonymously or read what other young people have shared. They also have a Calm Zone and interactive site to support children's wellbeing. Additionally, ChildLine have a Deaf Zone, where you can receive advice and support in English and British Sign Language (BSL). Visit www.childline.org.uk



Young Minds provides information on mental health, available support and various topics including bullying, anger and exam stress. <https://youngminds.org.uk/>



Samaritans offer a safe place for you to talk any time you like about whatever's getting to you. Branch visits continue to be suspended due to Covid-19 so there is no face to face service but their phone lines are open anytime 24hrs a day. Support is available on the Freephone number 116 123 and via email at jo@samaritans.org

Samaritans Self-Help App - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis

Facing the Future – Facing the Future has been developed by Samaritans and Cruse Bereavement Care to support people who have been bereaved by suicide. They run weekly support groups to meet others who have lost someone to suicide and share your experiences and feelings. To be eligible to join a group, you must be **18 or over** and have lost someone to suicide over 3 months ago.

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>



Barnardo's provides support to vulnerable children and young people. They support families through domestic abuse, mental health problems, young people in care, asylum seeking and much more. Barnardo's are offering a helpline and webchat for Black Asian Minority Ethnic group (BAME) children (aged 11+), young people and families

affected by Covid-19, available to talk Mon-Fri, 10am-8pm, and Sat 10am-3pm. Call 0800 1512605 or visit <https://helpline.barnardos.org.uk/> for further information and support



Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. Information on the website can help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others. <https://www.nhs.uk/oneyou/every-mind-matters/>



Charlie Waller is a charity that educates young people, and those with responsibility for them - so parents, educators, employers, GPs and Practice Nurses - about their mental health and wellbeing. You can find out more about their programmes here: <https://charliewaller.org/what-we-do>. They also have lots of information here: <https://charliewaller.org/information> and resources here: <https://charliewaller.org/resources>. Website: <https://charliewaller.org/>



Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK (open everyday 9am-midnight): Call: **0800 068 4141**; Text: **07860039967**; Email: pat@papyrus-uk.org. They engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills. Website: <https://www.papyrus-uk.org/>



Our True Colours is an LGBTQ group for young people aged 14-18. The programme runs every Monday 6.30pm-8pm at MyPlace Youth Centre and young people can participate in games, discussions, art and build friendships. For further information contact Anais: anais.edwards@havering.gov.uk



Five Ways to Wellbeing – For young people who would like to explore different ways to manage their emotional wellbeing. The next cohort is for September, for more information or to make a referral please get in touch with Melinda Yems at melinda.yems@havering.gov.uk



Go Girls – run by Havering Youth Services, this programme benefits young women aged 13-18 who are potentially vulnerable to relationships of power. During the sessions, young women are encouraged to identify their own areas for personal development. Currently takes place at either Harold Hill or Romford. For more information contact Annie or Melinda from Havering Youth Service: Annie: anais.edwards@havering.gov.uk; Melinda: melinda.yems@havering.gov.uk

GOODFELLAS

GoodFellas is a programme delivered by Havering Youth Services at the MyPlace centre for young men aged 13-16 on a variety of topics with the aim of helping them make the transition from adolescence to Manhood. The sessions encourage the development of positive values, responsible behaviour and building life skills. For more information please email Ben at myplace@havering.gov.uk



Tea & Talk is a programme delivered by Havering Youth Services for any young person aged 13-19, or up to 25 with SEND. The programme offers 1:1 support to young people in need, where you can book a half an hour appointment to meet with a fully qualified and experienced youth worker to discuss any issues or concerns you may have. This is either in a face-to-face capacity, or over the phone, with a view to signposting them to another service or youth work offer. The programme also has a host of resources and agencies young people can be signposted to, or given information about, such as sexual health advice, mental health resources and other wellbeing support. Currently, the programme runs every Tuesday 4-6pm at MyPlace and bookings can be made by contacting myplace@havering.gov.uk or **01708 376004**



Wellbeing Workshops is a programme delivered by Havering Youth Services for 13-16 year olds via Zoom. These will be 1hr sessions, once a week x 6 sessions facilitated by a Youth Worker. The workshops will include art, mindfulness and talks around mental health, for more information please contact Melinda Yems: melinda.yems@havering.gov.uk

NOISE SOLUTION

Noise Solution is a 10 week music mentoring programme delivered either face to face or online. The programme is for young people aged 11+ who are interested in making music. Sessions involve the musician (mentor) and a young person co-creating a digital story and producing music together. For further information or to directly make a referral please visit <https://www.noisesolution.org/s/what-we-do>



The Mix is a service that provides free, emotional support, guidance and advice for young people under 25 via online, social media and mobile. Information and articles on coping with Covid 19 can be found on 'The Hub' and they have a confidential helpline and webchat for young people to talk to trained supporters about any issue. Call **0808 808 4994** and lines are open 4pm -11pm every day. Webchat: www.themix.org.uk/get-support

Suitable for: Under 25s (Webchat 10-18 year olds). For more information please visit www.themix.org.uk



On My Mind – Anna Freud Centre: <https://www.annafreud.org/on-my-mind/>. This section of the Anna Freud website aims to empower young people to make informed choices about their mental health and wellbeing. It includes the [Youth Wellbeing Directory](#), where you can find free mental health support local to you, and sections on **SHOUT crisis service**, **self-care ideas** for when you're self-isolating, **loss and bereavement support**, a list of **urgent support offers** and much more. There are also sections on their website outlining help available for young people <https://www.annafreud.org/mental-health-professionals/our-help-for-children-and-families/looking-for-help-young-people/>

Additionally, Anna Freud have produced **transition toolkits** to support with moving up to secondary school or preparing to leave school for further education or work.

https://mentallyhealthyschools.org.uk/resources/2021-transition-toolkit/?mc_cid=42a4440e41&mc_eid=3424dd21f6



Reading Well for Young People is a list of recommended health books (Shelf Help) for ages 12-18 to support with mental health and wellbeing. The books can be found in public libraries, focussing on a range of topics including depression, anxiety, stress, bullying and exams.

For a copy of the list, please contact your school or visit www.readingagency.org.uk



Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS) provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. To contact SENDIASS, complete their online contact and consent form, call **01708 433 885** or email sendiass@havering.gov.uk. Website: <https://www.haveringsendiass.co.uk/>



Kidscape provide advice and resources for young people facing a bullying situation and their parents. They have online resources with advice for dealing with bullying, cyberbully, friendships and 'frenemies' and feeling better: <https://www.kidscape.org.uk/>. Parents/carers can also use the **Parent Advice Line** Monday to Tuesday 9.30am-2.30pm (excluding bank holidays), call: **0207 823 5430**, WhatsApp: **07496 682785** or email: parentsupport@kidscape.org.uk



YGAM provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. For more information telephone **0203 837 4963** or visit www.vgam.org/

Parents/Carers



Having Child and Adolescent Mental Health Services (CAMHS) offer help to children and young people who are experiencing emotional, behavioural or mental health difficulties. Our services are available to families with children and young people from birth to their 18th birthday: <https://www.nelft.nhs.uk/having-camhs>. The referral form can be found here: <https://www.nelft.nhs.uk/services-having-camhs-clinicians/>. Please send completed forms to: referralsacorncentre@nelft.nhs.uk

Mental Health Direct is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**.

If you already receive support from a mental health team, contact them directly between 9-5pm or Mental Health Direct if out of hours

Having IAPT (Improving Access to Talking Therapies) is a free NHS therapy service for anyone over 18, who is registered with a GP in Havering. IAPT offers varied approaches of support. If you are experiencing difficulties and would like support you can self-refer by calling **0300 3001554 (option 2)** 9-5pm or by submitting a self-referral form: <https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=33deee7f-8db0-435d-ac1c-78a0d990d27a>. For more information please visit: <https://www.talkingtherapies.nelft.nhs.uk/having>

Having Adult College provides free, accredited Family Learning courses to support parents/carers in Havering.

Upcoming courses:

- Supporting Families with Autism
- Supporting Families with Anxiety
- Raising Confident Children
- Understanding Challenging Behaviour
- Supporting Families with ADHD
- Supporting Families with Trauma
- Supporting Families with Emotional Wellbeing
- Awareness of Risks of Gaming and Gambling to Young Children

- Supporting Families and Young People with Healthy Relationships

For more information about these and other courses please contact the Centre Support Team on **01708 434955**, visit their website <https://haveringadultcollege.co.uk/product-category/family-learning/> or email Enquiries-AdultCollege@havering.gov.uk or



HEALTH LITERACY FOR SCHOOLS



Health Literacy sessions are delivered in schools or virtually by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, raising awareness of fake health news, and supporting children's understanding of health information with Reading well agency books. For more information please contact your school.



Havering Mind- Mind provide support for people (and their carers) on all mental health issues. Currently offering a free crisis counselling and bereavement support service for adults in the borough of Havering affected by COVID-19. For more information please visit <https://www.haveringmind.org.uk/services/crisis-counselling-and-bereavement-service/> or call **01708 457040**.



Havering Mind are also offering a support line for those in Havering, Barking & Dagenham worried about coronavirus, looking for ideas to help their mental health and needing a chat. You can call them on **01708 457040**, email at reach.us@haveringmind.org.uk. They also have a Gateway telephone service for anyone seeking support for their own or someone else's mental health, please visit <https://www.haveringmind.org.uk/services/gateway-telephone-service/>. Support is available Monday to Friday 9am-7pm and Saturday and Sunday 10am-3pm.



Empowering Parents Empowering Communities (EPEC) provide free courses for parents/carers of children aged 2-11 (Being a Parent) and aged 11-16 (Living with Teenagers). For more information please visit <https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=79AdZNIJY8>, call **01708 431024** or email EPEC@havering.gov.uk



Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS) provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. To contact SENDIASS, complete their online contact and consent form, call **01708 433 885** or email sendiass@havering.gov.uk. Website: <https://www.haveringsendiass.co.uk/>



Add Up is a local support and action group, bringing families together and promoting public and professional awareness of ADHD. No formal diagnosis needed. For latest updates in regards to COVID-19, please visit: <https://www.addup.co.uk/news/>. For urgent support, the Add Up mobile is available Monday to Friday from 10am to 4pm – **07495 573836**. Website: <https://www.addup.co.uk/>



Positive Parents – Havering offer support for families of children with Special Educational Needs and Disabilities aged 0-25 in Havering. For more information call **07858 406933 / 01708 524627** or visit: www.positiveparentshavering.org.uk



Sycamore Trust supports the needs of individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are a part of daily life. They offer a wide range of services to the people of Barking & Dagenham, Havering and Redbridge: <http://www.sycamoretrust.org.uk/our-services/>. For more information, please email enquiries@sycamoretrust.org.uk or call **020 8517 9317**. The Autism Hub in Romford's Liberty Centre is open Tuesday-Friday. For the latest updates visit <http://www.sycamoretrust.org.uk/latest/>



RAGS provide help and support for families who have a child/ children with an Autism Spectrum Disorder <https://www.rags-havering.org.uk/>. For more information please email info@rags-havering.org.uk

PARENT SURGERY



Parent Surgery offer free one-to-one parenting advice and support sessions surrounding their children's behaviour. Please contact the parenting team on **01708 432636** or email parenting@havering.gov.uk



Special Needs
And Parents

SNAP (Special Needs and Parents) is for families with children/young people (0-25) who have any special need/disability in Essex. The SNAP Centre is open and continues to support registered families both in the Centre, online, by email and telephone. If you are a new family or wish to visit the Centre, please make an appointment by emailing info@snapcharity.org or calling 01277 211300. For more information visit <https://www.snapcharity.org/>



Havering Children's Centres. There are 7 Children Centre sites in Havering and some of them have re-opened to the public following COVID-19 restrictions. For further information on children's centre activities, please email: childrenscentres@havering.gov.uk or call **01708 432636**



Peabody support people so they can live more independently, with more dignity, choice and control. Call **01708 776770** or visit www.peabody.org.uk/care-support



Wize Up provides a free confidential support service for children, young people and families with drug and alcohol concerns. Offers tailored advice, information, workshops and holistic support. For more information visit <https://www.changegrowlive.org/wize-up-havering>, call: **07884 996917** or email: wizeuphavering@cgl.org.uk



Young Minds: <https://youngminds.org.uk/>. A charity championing the wellbeing and mental health of young people, including a Parent Helpline (**0808 802 5544**)



MindEd is free e-learning for mental health awareness and encouraging healthy minds. Available to parents/carers and professionals. All of MindEd is free and open access. To sign up, visit www.minded.org.uk



Family Lives provides access to online parent advice for a range of family issues, parent classes, a Parent Helpline **0808 8002222** and resources. For more information please visit www.familylives.org.uk



Kidscape provide advice and resources for young people facing a bullying situation and their parents. They have online resources with advice for dealing with bullying, cyberbully, friendships and 'frenemies' and feeling better: <https://www.kidscape.org.uk/>. Parents/carers can also use the **Parent Advice Line** Monday to Tuesday 9.30am-2.30pm (excluding bank holidays), call: **0207 823 5430**, WhatsApp: **07496 682785** or email: parentsupport@kidscape.org.uk



YGAM provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource. For more information, phone: **0203 837 4963**, or visit www.ygam.org/



Lifeline Projects – 'Champions Support Network' is for parents/carers of young people aged 11-24. Raising and caring for a young person is challenging and this programme allows you to get support from a friendly local. To take part, please email: referrals@lifelineprojects.co.uk. Website: <https://www.lifelineprojects.co.uk/>



Cruse Bereavement Care provides nationwide bereavement support and information. Helpline: **0808 808 1677** and CruseChat. Website: <https://www.cruse.org.uk/>

Every Mind Matters

Every Mind Matters provides simple and practical advice to get a healthier mind – from how to deal with stress and anxiety, to boosting our mood or sleeping better. It contains a dedicated section to support parents and carers to look after their child or young person's mental health: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>



The AIM Group have several free online accredited courses available to parents/carers to help better understand some key issues around young people's mental health and wellbeing:

https://formstack.io/TyZSjXRWndR4L6rW7HXEppqL8_drGsA9XWS0F15Xgj56D1utKVODIduJM61p1nh2YwHb1Ghzsk0y1K8kKUGVA



Triple P is for parents/carers of children aged 0-12. It aims to build resilience and support children and young people with emotional and mental health challenges and lead to increased parental confidence. Parents/carers are provided with a manual. To find out more, email: parenting@havering.gov.uk or call: **01708 432636**



STOP programme is for parents/carers of young people aged 10-16 years. Aims to empower parents to have a greater understanding about the developmental process of their teenage child. If you are interested, please contact the parenting team on: **01708 432636** or email: parenting@havering.gov.uk



Strengthening Families, Strengthening Communities is a culturally sensitive parenting programme for parents/carers of 0-18 year olds. If you are interested, please contact the parenting team on: **01708 432636** or email: parenting@havering.gov.uk



The Non-Violent Resistance (NVR) programme aims to improve the parent/child relationship and enable parents to become a positive, authoritative presence in their child's life. If you are interested, please contact the parenting team on **01708 432636**: or email: parenting@havering.gov.uk



Havering Mind Support Group is a support group for parents/carers whose children are aged 11-25 and the child/children has difficulties with their mental health/emotional wellbeing. For more information and to register to attend please email youngadults@haveringmind.org.uk or call **01708 457040**

Activities



Havering Community Hub is an online hub for a range of activities, events, support and more for children, young people and adults in Havering. For more information visit

<https://www.haveringcommunityhub.com/>



MyPlace is a youth and community centre based in Harold Hill. Please check MyPlace Facebook for updates and email

myplace@havering.gov.uk for more information



Essex Boys and Girls' Club is an all-inclusive youth club based in Upminster for disabled and non-disabled young people from 10+.

Please keep updated on their offers here:

<https://www.essexboysandgirlsclubs.org/> and on their Facebook page.

You can also contact them on: **01245 264783** or via their contact form:

<https://www.essexboysandgirlsclubs.org/get-involved/contact-us/>



Havering Active provides information about opportunities to engage in physical activity in Havering. Some activities include: Para Active Sessions for SEN Children 5+ and Gym and Swim sessions. Website:

<http://haveringactive.co.uk>. View their activities calendar here:

<http://haveringactive.co.uk/index.php/eventscalendar>

<http://haveringactive.co.uk/index.php/eventscalendar>



Fairkytes is a community art centre based in Hornchurch offering a wide range of activities for adults and children, including pottery, drawing classes and disco nights. Some activities are still being run virtually but others are face-to-face. For information on the clubs and classes on offer, please visit

<https://www.havering.gov.uk/fairkytes>, telephone **01708 456308** or email fairkytes@havering.gov.uk. Please

visit their Facebook page for the latest updates

Online Safety



Parent Zone offers support and information to parents and schools to help families navigate the internet safely and confidently and raise resilient children. Offer includes a ParentZone/Shout crisis messenger, parent hub, parent guides, digital resilience games and more. For more information, please visit: <https://parentzone.org.uk/>, email: info@parentzone.org.uk or call: **02076867225**



Net-Aware offers support for parents/carers from the NSPCC with guides to social networks, apps and games and online safety. For more information, please visit: <https://www.net-aware.org.uk/>



Thinkuknow offers an education programme and advice from the National Crime Agency and Child Exploitation and Online Protection (NCA-CEOP) to support children, young people, families and professionals to keep their young people safe online and offline. Thinkuknow has age-specific websites. For more information, please visit: <https://www.thinkuknow.co.uk/>



Internet Matters offers support for parents/carers and schools to keep their children safe online with guides, resources and programmes such as Digital Eagles, age-specific advice and how to set up parental controls. For more information, please visit: <https://www.internetmatters.org/>



Parent Info offers support for parents and carers to keep their children safe online with contributions from the leading experts and organisations in matters related to young people and families in a digital world. For more information, please visit: <https://parentinfo.org/>



UK Safer Internet Centre offers online safety tips, advice and resources to help children and young people stay safe online. For more information, please visit: <https://www.saferinternet.org.uk/>

Counselling Services



A relationship support service providing various types of counselling and relationship workshops. Options of face-to-face counselling and support, phone, email or Live Chat counselling. For more information please telephone **01708441722** or visit www.relate.org.uk



Offer counselling and psychotherapy for children and young people (aged between 5 - 25 years) and their families in the boroughs of Havering, Barking & Dagenham, Redbridge and Waltham Forest To get in touch **telephone 01708 477663/07449467223**, email info@youandmecounselling.org.uk or visit <http://youandmecounselling.org.uk/>



Offers professional counselling to adults and children suffering from bereavement or loss. They also offer specialist dementia carers' counselling service and trauma counselling service For more information telephone **01277 283199**, email enquiries@hbbscounselling.org or visit <https://www.hbbscounselling.org/>



A unique counselling service for young people in Havering, Brentwood and the surrounding areas. They offer individual counselling sessions in Hornchurch and Brentwood but are able to also hold sessions in schools and colleges for the young person. To get in touch phone **01277 283199** or email enquires@hbbscounselling.org or visit the website [#4ME counselling for young people in Havering, Brentwood & surrounding areas](#)