

This Information has been classified as Customer / General.

Urgent Out of Hours Support		
Adult & Children's Services (R&CBC)		01642 524552
CAMHS Crisis Team (NHS's Child and Adolescent Mental Health Services)	For under 18s	0300 013 2000 (option 6)
Housing/Homelessness Services (R&CBC)		0345 065 5656
NHS Direct		111
NHS Helpline	For NHS workers	0300 131 7000
Samaritans		116 123
Practical Support		
Domestic Violence Support	Foundation EVA Women's Aid Halo Project	0300 4562214 01642 490677 01642 683045
Gas and Electric Pre-Pay Customer Advice		https://rcmind.org/corona-virus-information-hub/gas-and-electric-pre-pay-customer-advice
RCBC	Phone number to apply to the national free school meal voucher scheme	01642 774774
RCBC	Changes to Redcar & Cleveland Council services	https://www.redcar-cleveland.gov.uk/coronavirus/Pages/Changes-to-Council-Services.aspx
RCBC Vulnerable People Helpline	Phone line and email address offering non-medical help and support for vulnerable people and those in need.	01642 774774 support@redcar-cleveland.gov.uk
Redcar Citizens Advice Bureau	Facebook page for opening times and contact details	https://www.facebook.com/redcarandclevelandcitizensadvice/
Turn2Us	Information about benefits	https://www.turn2us.org.uk/get-support/Benefits-and-Coronavirus-Sickness
Emotional Well-Being Support		
Child Mind	Article on supporting children with anxiety	https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/?ns_source=twitter&ns_mchannel=social

This Information has been classified as Customer / General.

		&ns linkname=children&ns_campaign=cbeebies_hq
Childline	Support for the children at all times via the phone, 1-1 chats, access to the Calm Zone	0800 1111 https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/ https://www.childline.org.uk/toolbox/calm-zone/
Daisy Chain	Specialist ASD, ADHD and sensory differences telephone support service	0800 031 5445
Dragonfly Impact	Free anxiety booklet	https://dragonflyimpact.co.uk/anxiety-booklet-pdf/
Join the Movement	A brand new campaign giving advice and tools to keep families active. It's all about reaching out and unwinding.	http://stayinworkout.org/
Middlesbrough Mind		01642 257020- automated to take messages which are checked regularly throughout the day. 01642 257020 Email: info@middlesbroughandstocktonmind.org.uk Web site: www.middlesbroughandstocktonmind.org.uk/
Mindheart Kids	A child friendly explanation of Coronavirus	https://mcusercontent.com/01811ba13589f5a2ea4451d49/files/ba2c3aa0-37ac-48c2-8b44-56a34ee422ab/Child_Friendly_Explanation_of_Coronavirus.pdf
NHS – Every Mind Matters	Expert advice and practical tips to help you look after your mental health and wellbeing.	https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Paid_Social&WT.mc_id=Arthouse
Nosy Crow Blog	Free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler	https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/

This Information has been classified as Customer / General.

NSPCC	Advice to help support children who are anxious or worried about Coronavirus and struggling with their mental health	https://www.nspcc.org.uk/
Recovery College Online	Support for parents and carers	https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/
Redcar Mind	Mental health support for young people	01642 296052
The Anna Freud Centre	A short video which provides guidance to parents and carers about how they can help children and young people manage their mental health and wellbeing during any disruption caused by the Coronavirus	https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be
The Junction Foundation	Emotional Well-being Support	Email: referrals@thejunctionfoundation.com Web site: https://thejunctionfoundation.com 01642 756000
The Link	Information, advice or support via a duty line, manned 2-4pm every day	01642 505580 (option 3) Email: info@redcarlink.com Web site: https://www.redcarlink.com
Witherslack Group	A series of free webinars so that parents, carers and professionals can get the support they need whilst at home.	https://witherslackgroup.co.uk/webinars/
Young Minds	An article on how to support mental health in lockdown	https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/
Educational Support for Families		
BBC Bitesize	Bitesize daily lessons	https://www.bbc.co.uk/bitesize/dailylessons
Book Trust	Online storytelling	https://www.booktrust.org.uk/hometime
BT	Top Tips on Tech	https://www.bt.com/tech-tips?s_cid=con_ps_maxus_vidZ03_T1&vendorid=Z03
Ed Place	A learning site	https://www.edplace.com/

This Information has been classified as Customer / General.

Harry Potter at Home		https://www.wizardingworld.com/collections/harry-potter-at-home
Kidadl	Ideas on free indoor and outdoor activities and learning for kids of all ages and interests	https://blog.kidadl.com/
Pearson Education	A really useful site to support children at home, from Pearson	https://www.pearson.com/uk/learners/primary-parents.html
Rosetta Stone	Language acquisition website, three months free access to.	https://www.rosettastone.co.uk/lp/freeforkids/
School Sports Partnership	Promoting activities and challenges via social media, aiming to keep families safe but active.	www.facebook.com/ClevelandSchoolSportPartnership
The Maths Factor	Carol Vorderman's online maths school	https://www.themathsfactor.com/
White Rose Maths	Free maths activities	https://whiterosemaths.com/homelearning/