Sometimes, children need specific and targeted resources to help with problems they are facing. Below we have outlined some support available for particular issues, including loneliness, suicide prevention, eating disorders and domestic abuse.

**Bereavement support**  
[Childhood Bereavement Network](https://childhoodbereavementnetwork.org.uk/) has a range of resources to help schools to respond to a bereavement and to provide support to bereaved pupils and their families. It also includes signposting to local bereavement services.

**Safeguarding Children and Promoting Shared Values**  
The government tool [Respectful school communities:](https://educateagainsthate.com/category/parents/) a tool to support parents to safeguard their children, including information on PREVENT, extremism and promoting shared values.

**Help for Young Carers**  
The NHS provide [advice and guidance for young carers](https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/#:~:text=For%20advice%20and%20support%20with,minicom%20number%200300%20123%201004.). It includes support telephone numbers and advice for talking to schools about concerns they may have.

**Eating disorders**  
[BEAT](https://www.beateatingdisorders.org.uk/get-information-and-support/) advice and support on eating problems and disorders:  
Helpline: 0808 801 0677  
Youthline: 0808 801 0711  
Studentline: 0808 801 0811

[The Nest](https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/online-support-groups/the-nest-online-chat-room/) chat room for people with an eating disorder.

**Food Bank**

[Normanton Food Bank](https://normanton.foodbank.org.uk/)

Based within [Well Project](https://thewellproject.org.uk/)

01924 895634

**Loneliness**  
The [NHS](https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/) provide support, guidance and contacts about how to tackle loneliness.

The [Let’s Talk Loneliness (British Red Cross)](https://www.redcross.org.uk/stories/health-and-social-care/health/lets-talk-about-loneliness-part-one)provides access to free information and support to young people who may be feeling lonely.

**Self-harm**  
[University of Oxford](https://www.psych.ox.ac.uk/news/new-guide-for-parents-who-are-coping-with-their-child2019s-self-harm-2018you-are-not-alone2019) guide for parents and carers on supporting their child or young person in dealing with self-harm.

**SEND**  
[The SEND Gateway](https://www.sendgateway.org.uk/) is a good source of information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs.

**Suicide prevention**  
[Papyrus (Prevention of Young Suicide)](https://www.papyrus-uk.org/) provides confidential advice and support for young people who feel suicidal:  
HOPEline UK: 0800 068 41 41  
Text: 07786 209 697  
Email:pat@papyrus-uk.org

[**Samaritans**](https://www.samaritans.org/) is a national organisation for anyone in distress and in need of immediate support:  
Tel: 0116 123  
Email: [jo@samaritans.org](mailto:jo@samaritans.org) (24 hour helpline)

**Trauma**  
UK Trauma Council resources on [coronavirus and trauma](https://uktraumacouncil.org/resources/coronavirus-and-trauma)

**Helplines**  
Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations by:  
texting SHOUT to 85258  
calling Childline on 0800 1111  
calling the Mix on 0808 808 4994