

### Safeguarding & Wellbeing Contacts during school holiday period

Service	Website	Contact Details
NSPCC	<a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a>	Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> 0808 800 5000
Childline	<a href="https://www.childline.org.uk">https://www.childline.org.uk</a>	0800 1111
Young Minds	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	Text YM to 85258
NHS Choices	<a href="https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/">https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/</a>	Telephone: 111
Young Carers	<a href="https://youth.essex.gov.uk/young-people/young-carers/">https://youth.essex.gov.uk/young-people/young-carers/</a>	Email: <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a>
Families in Focus Support for children with SEN	<a href="http://www.Familiesinfocusessex.org.uk">www.Familiesinfocusessex.org.uk</a>	Helpline: 01245 353575
NDCS National Deaf Children's Society	<a href="http://www.ndcs.org.uk">www.ndcs.org.uk</a>	0808 800 8880 Text: 07860022888 Free video call with BSL interpreter Mon - Fri 9am – 5pm
Essex Child & Family Wellbeing Service	<a href="https://essexfamilywellbeing.co.uk/">https://essexfamilywellbeing.co.uk/</a>	Mid Essex Tel: 0300 247 0014
Emotional Wellbeing & Mental Health Service	<a href="https://www.nelft.nhs.uk/services-ewmhs/">https://www.nelft.nhs.uk/services-ewmhs/</a>	Telephone: 0300 555 1200 (main switchboard)
Cruse Bereavement Care	<a href="https://www.cruse.org.uk/get-help/local-services/eastern-england/essex">https://www.cruse.org.uk/get-help/local-services/eastern-england/essex</a>	Tel: 0845 2669710 Email: <a href="mailto:essex@cruse.org.uk">essex@cruse.org.uk</a>
Compass Essex Domestic Abuse Helpline	<a href="http://www.essexcompass.org.uk">www.essexcompass.org.uk</a>	Telephone: 0330 333 7 444