



## **PASTORAL PACK**

During this time of school closure due to the continued spread of the COVID-19 coronavirus, we understand that this may be a difficult time for all. With this in mind we have put together some Pastoral information to support our school community.

Some pupils will be currently accessing support in school from various agencies, such as Fluent Life Coaching, Delta, CAMHS, School nursing team, social workers and so on. Whilst this support in school may not be available, we appreciate pupils and parents may find this difficult. Other families may struggle with ongoing issues or issues emerging because of the current situation.

Please find below links/contact details for such services:

### **LINCOLNSHIRE**

#### **Lincolnshire CAMHS** (Child and Adolescent Mental Health Services)

Homer House, Monson Street, Lincoln, LN5 7RZ

**01522 535189**

#### **Lincolnshire Healthy Minds**

Here4You Line **01522 309120**

[lpft.nhs/youngpeople/lincolnshire](https://lpft.nhs/youngpeople/lincolnshire)

Support and advice on emotional wellbeing/mental health

#### **Lincolnshire Children's Services**

If you are concerned about any child or young person contact Lincolnshire Children's Services on **01522 782111**. If it is an **emergency** please call **999**

#### **AddAction** Alcohol and drug use support for young people

[lincsshine.co.uk](https://lincsshine.co.uk)

**01522 305518**

### **Family Services Directory**

[lincolnshire.fsd.org.uk](http://lincolnshire.fsd.org.uk)

Lots of information and support for parents and young people on:

Alcohol/Drugs  
Anger Management  
Anxiety/Stress  
Bullying  
Depression  
Exam Stress  
Eating concerns  
Family breakdown  
Sexual health  
Self Harm

**EDAN** Lincolnshire Domestic Abuse Service

<https://edanlincs.org.uk>

**01522 510041**

Outreach hours Monday – Friday 9am-5pm

Refuge hours – Monday-Friday 8.30am-8.30pm

### **FOODBANKS**

Salvation Army, Beaumont Street, Gainsborough  
[Riversidetraining.org.uk](http://Riversidetraining.org.uk), Market Street, Gainsborough

## **NORTH LINCOLNSHIRE**

**North Lincolnshire CAMHS** (Child and Adolescent Mental Health Services)

St Nicholas House, Shelford Street, Scunthorpe, DN15 6NU

**01724 408460**

**North Lincolnshire Children's Services**

If you are concerned about any child or young person contact North Lincolnshire Children's Services on:

**01724 296500** 9am to 5pm Monday to Thursday, 9am to 4.30pm on Friday

**08081 689667** Free Phone

**01724 296555** Answerphone for weekends and out of office hours

**101** Police non emergency

**999** Police emergency

**DELTA** Alcohol and drug use support for young people

[talktofrank.com](http://talktofrank.com)

**01724 298528**

**The Blue Door** Support for victims of Domestic Abuse and Sexual Violence

Helpline **0800 197 47 87**

### **Life Central North Lincolnshire Council**

[www.life-central.org](http://www.life-central.org)

Lots of information and support for young people and parents on:

Eating well

Exam Stress

Sexual health

Bullying

Emotional wellbeing

### **FOODBANK**

Scunthorpe Baptist Church

[scunthorpe.foodbank.org.uk](http://scunthorpe.foodbank.org.uk)

## **ONLINE SUPPORT**

### **Kooth.com**

Kooth is an online counselling service for children and young people to access via text message or online chat and is anonymous.

### **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

**0800 1111**

### **Headspace.com/Headspace App**

Anxiety/Stress

### **CRUSE Bereavement Support**

[cruse.org.uk](http://cruse.org.uk)

[hopeagain.org.uk](http://hopeagain.org.uk) Specifically for young people

### **Mental Health/Anxiety**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Autism Support**

[www.autism.org.uk](http://www.autism.org.uk)

