

Out of hours contact numbers

For any emergencies related to the school building please contact David Steel our caretaker on 07850215662

NSPCC guide to positive parenting - This booklet contains information on how to use positive language to support children

[Positive parenting](#)

Supporting Young People to Cope with the pressures of everyday life –this website has many resources to help with emotional wellbeing and resilience.

[Kent Resilience Hub - Kent Resilience Hub](#)

Child Bereavement UK – They help children and families rebuild their lives after a bereavement.

[Child Bereavement UK](#)

Other Useful contact numbers

[Home - East Kent Mind](#)

[Home - Kooth](#)

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

[Family Action: Supporting families at every age and stage of life](#)

[Help for families](#)

[Children and young people's care and support services - Social care and support guide - NHS](#)

NSPCC
0808 800 5000
(24hrs)

National Domestic
Abuse Helpline
0808 2000 247
(24hrs free)

Mind
0300 123 3393
(Mon-Fri 9-6)

Victim Support
0808 168 9111
(24hrs)

Cruse Bereavement
0800 808 1677
(Mon-Fri 9-5)

ChildLine
0800 1111
(24hrs)

Action on Elder Abuse
0808 808 8141
(Mon-Fri 9-5)

Respect - Men's Advice Line
0808 801 0327
(Mon-Fri 9-5or8pm)

Samaritans
116 123
(24hrs free)

National Centre for Domestic
Violence
0207 186 8270

NEVER ALONE

