

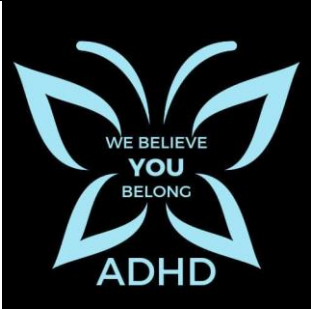




Resources and contact details for parents & primary-aged children

1.	Child and Family Hub Working Hours Monday – Thursday 8.30-5pm Friday 8.30 – 4.30pm For advice & guidance – parenting/child programmes available.	01534 519000 Email - childrenandfamilieshub.gov.je Children and Families Hub (gov.je)
2	CAMHS Working hours: Monday to Friday between 9.00 – 5pm	01534 445030
3.	SENCO (Special educational needs co-ordinator) – liaise with the SENCO about educational/wellbeing needs your child has for support within school.	Your local School (every school has a SENCO – which is a qualified teacher with this additional role). SENCO can refer children to the ELSA or Wellbeing programme or other appropriate support.
4.	Childline UK <i>24 hours a day, 7 days a week.</i>	<i>Contact details:</i> 0800 1111 www.childline.org.uk
5.	Samaritans (for parents/carers) <i>24 hours a day, 7 days a week.</i>	<i>Contact details:</i> 08457 909090
6.	YES project (resources for parents/carers – counselling for children 12yrs and over – discuss with team if requiring counselling for under 12yrs).	0800 7350010 Advice & Support for Young People in Jersey Channel Islands - Youth Enquiry Service (yes.je)
7.	Mind Jersey (for parents/carers and children)	07829933929 Mind Jersey
8.	The 24/7 Crisis Pathway If in crisis/imminent risk Emergency Department (A&E) Jersey General Hospital Or Emergency Services dialling 999	<i>If at any time I am worried about risks to myself, or if anyone is worried about risks to me, they can contact the police and/or take me to the Emergency Department of the Jersey General Hospital for assessment and support.</i>

Useful apps/websites:

1.	Kooth (available from 10yrs onwards) <i>Free, safe, and anonymous online counselling and support for young people in Jersey.</i> Website – www.kooth.com	
2.	Anna Freud Anna Freud Anna Freud is a world-leading mental health charity for children and families. The website offers resources, guidance and advice.	
3.	We feel you belong Jersey based charity for ADHD parent/carers – support and awareness.	
4.	All matters Neurodiverse Jersey A charity dedicated to promoting understanding and acceptance of neurodiversity. Our mission is to spread awareness and provide support to individuals who are neurodivergent.	
5.	Jersey Hospice Care – Support for children and young people – Counselling service.	 01534 285144 Support for Children Jersey Hospice Care