

Signposting for families

Emergency Resilience Funding

We are now able to provide emergency support to young people and families. The funding is strictly for emergencies due to Covid-19.

The emergency funding is for families in hardship, for example to buy food, medicines, nappies and other supplies. Or to pay for emergency fuel, white goods or internet access.

Applications should be made by professionals, and we are reliant on the integrity of professionals to assess the level of support required. The application form is short and payments are made within two days, or less if very urgent. In addition, early help locality teams will be in touch with families to offer support for other needs, in partnership with schools, nurseries and other universal services.

Young people and families cannot apply directly. If you have an emergency need then please contact support workers or schools as a first step to access Resilience Funding.

Please contact the Student Welfare Team and they can then talk you through the application process.

Kooth.com

Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit kooth.com where young people can register and others can find out more about the service.



kooth

kooth

Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

Kooth is a service available to all children and families and reaches out to anyone who needs support especially through this time.

Please read the information and visit the website for more information.

www.kooth.com

Bereavement support can also be accessed through the school student welfare Team:

Student.welfare@arena-birmingham.academy

Or

0121 679 4663

Bereavement support services during COVID-19

Call: 0121 687 8010

Opening times:

Mon, Wed, Fri: 9.00am - 5.00pm

Tues, Thurs: 9.00am - 8.00pm

Sat & Sun: 12.00pm - 5.00pm (From 1st June)

NHS
Birmingham and Solihull
Clinical Commissioning Group



Pause.

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on askbeam@childrenssociety.org.uk in the first instance.

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back but email is much quicker.

Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (if you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:

Email or Call Us - 10am - 6pm, 7 days a week

ForwardThinking
Birmingham

The
Children's
Society



Educational psychologist telephone helpline for parents and carers

Do you as a parent or carer at home with your children during the school shut down, feel that you need someone to talk to about how you can cope with this challenging time for families?

Birmingham Educational Psychology Service is providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.

Areas of concern you may wish to discuss could include:

- Anxiety around the current situation and its impact on your children and family.
- Supporting you to support your children's emotional needs.
- Concerns about family relationships.
- Concerns about friendships, learning, daily structure and activities.
- How to best look after yourself so you can support your children.

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session of another 30-minute consultation at a later date. These will be Monday-Friday, within standard working hours.

If you would like to access this service please email kate.smith@birmingham.gov.uk with the following information:

- Your name
- The telephone number you would like to be contacted on.
- The name of your child's school.
- Times and dates you are not available for a consultation.
- Whether an interpreter is required for you to access this service.

We will aim to get back to you within 2 working days to confirm a time and date for your consultation.

This service will, **as far as possible**, be confidential.

Other places you can seek support:



YOUNGMINDS
<https://youngminds.org.uk/>

Pause.

www.forwardthinkingbirmingham.org.uk



HOPELINEUK
0800 068 41 41

<https://papyrus-uk.org/>



<https://www.ceop.police.uk/safety-centre/>

Your Student Welfare Team want to offer you a different way to contact them.

You can now email the team:

Mrs Chance Mrs Sinclair Mrs Kilroy

Your email will only go to the staff in this team.

The emails are checked between 9.00am and 3.30pm every weekday in term time.

A member of the team will reply and talk to you about what happens next.

student.welfare@arena-birmingham.academy

You can also call the student welfare team on: **0121 679 4663**