



Brine Leas School
An Academy
'Believe, Learn, Succeed'

If you are worried about yourself or someone else during school closure, please don't struggle to cope alone.

Contact any of the numbers or websites below:

- **In an emergency, call 999**
- For safeguarding concerns about a child call 0300 123 5012, option 3 (CHECS).
Emergency duty team (out of hours) **0300 123 5022**.
- NSPCC [0800 800 5000](tel:08008005000)
- Childline [0800 1111](tel:08001111)
- Kooth Online Counselling <http://www.kooth.com>
- Samaritans [116 123 \(UK\)](tel:116123) or email jo@samaritans.org
- NHS urgent care (non-emergency) **111**
- Wellbeing Hub – mental health support for 16-19 year olds
<https://www.youinmind.org/service/395/self-referral-wellbeing-hub>
- Visyon – mental health charity for children
<https://livewellservices.cheshireeast.gov.uk/Services/1070/Visyon>
- Cheshire East Carers Hub – for all young carers
<https://livewellservices.cheshireeast.gov.uk/Services/4387/Cheshire-East-Carers>
- Domestic Abuse -women can call 0808 2000 247, the free 24-hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge
- <http://www.cheshirewithoutabuse.org.uk> – whole family support for domestic abuse
- Domestic Abuse -men can call the Men's Advice Line free on 0808 801 0327 (Monday to Friday 9am to 5pm) or ManKind on 01823 334 244
- Cheshire Without Abuse 01270 250390
- Anyone who needs confidential help with their own abusive behaviour can contact Respect on their free helpline on 0808 802 4040.
- <https://nantwich.foodbank.org.uk/> 07896 652209
info@nantwich.foodbank.org.uk
- Crewe Food Bank <https://livewellservices.cheshireeast.gov.uk/Services/2555/St-Paul-s-Pantry-Foo>