

**Local Organisation and Charities Offering Lockdown Support**

Coping during lockdown can be challenging for young people and their families. Contact details for a host of local organisations, charities and the Local Authority have been sent to schools to pass on to families across the borough. These are listed below:

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| **Support Available** | **Contact details** |
| Emotional Health and Wellbeing | **Anna Freud, National Centre for Children and Families**: empowers young people to make informed choices about their mental health and wellbeing: <https://www.annafreud.org/on-my-mind>  **ThinkNinja** is an app that provides support for mental health and emotional wellbeing along with coaching tips for staying well and handling distress: <https://www.healios.org.uk/services/thinkninja>  **Kooth**: <https://www.kooth.com/> is an online service which offers counselling and wellbeing support. Young people can sign up themselves and the service offers a range of therapeutic tools and activities. It is open 365 days a year, currently from 12-10pm weekdays and 6-10 weekends. This is an anonymous service. All the counsellors are trained, qualified and experienced working with young people.  **Shout** Is a 24 hour crisis text service which Place2Be have been working with for over eighteen months and is delivered by a team of crisis volunteers. Text P2B to 85258 or visit <https://www.giveusashout.org>   |  | | --- | | **Rethink Emotional Support:**  [ttps://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline](https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline)  Helpline is a freephone service. Telephone 0808 802 2208 at the following times:  Monday- Friday 6.00pm – 3.00am  Saturday- Sunday 2.00pm – 3.00am  Text/webchat support during our opening hours: Text 07860 065 168, Webchat  [www.rethink.org/blackcountryhelpline](http://www.rethink.org/blackcountryhelpline)  **Kaleidoscope Plus Group** promotes and supports positive health and wellbeing. Please visit:  <https://www.kaleidoscopeplus.org.uk/self-help-tool.php>  Chat to them via telephone, online through their website or directly through Facebook. Call 0800 059 0123 Monday-Sunday between 5pm & 9pm or Messenger: Monday-Friday: 9am-8pm & Saturday-Sunday: 5pm-8pm  **Cruse Bereavement Care**: Grief is a natural process but can be overwhelming. Cruse is a package of online resources to support families during this difficult time. This includes how the pandemic may affect bereavement and grief. They offer a free helpline: 0808 808 1677 or visit their website at <https://www.cruse.org.uk> | |
| Online safety | |  | | --- | | **Think You Know**: <https://www.thinkuknow.co.uk/parents> |   **NSPCC**: <https://www.net-aware.org.uk/online-safety-lockdown>  **UK Safer Internet Centre**: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers> |
| Local COVID-19 information | **COVID testing**: <https://www.sandwell.gov.uk/testsandwell>  **Sandwell Council Updates:** <https://www.sandwell.gov.uk/localrestrictions>   |  | | --- | |  | |
| Foodbanks | |  | | --- | | **Foodbanks**: Telephone 0121 569 2266 [www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk) | |  | |
| Financial support and advice | |  |  |  | | --- | --- | --- | | **Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments etc**:  <https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help>  <https://www.sandwell.gov.uk/info/200347/resilient_residents>  **Debt Worries**: Sandwell Council: 0121 569 5333  **Covid Winter Grant:** <http://www.sandwell.gov.uk/wintergrant>   |  | | --- | |  | |  | | |
| Domestic abuse | **National Domestic Violence Free 24 –hour helpline**: 0800 2000 247  **Black Country Women’s Aid:** 0121 552 6448 (24/7 Helpline) / 07384 466181 (Text or WhatsApp 9am – 9pm)   |  | | --- | |  | |
| Special Educational Needs | **Autism West Midlands**: <https://www.autismwestmidlands.org.uk/>  **Sandwell Family Information Service**: <https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page>  **Sandwell Parents for Disabled Children**: <https://www.sp-dc.org/> or telephone 0121 565 2410 |