

## Safeguarding Newsletter

February 2024

Safeguarding and support during the school break

Please see below support avenues that can provide advice and support



Are you in a mental health crisis?  
Then call...  
and select the mental health option


**111**

NHS  
First Response Service



**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



If you're feeling anxious or low,  
start a conversation with us.

**Text 'HEAR' to 85258**  
Free, confidential support, 24/7

NHS  
Cambridgeshire & Peterborough  
In partnership with  
**shout**

A new mental health free text messaging support service has launched in Cambridgeshire and Peterborough (Image: NHS)

[How 'Cost of Living Support Hubs' can help you](#)

[Barnardo's Cost of Living Support Hub \(First Steps\)](#)

01733 295 860

[DIAL Disability Peterborough Cost of Living Support Hub](#)

01733 265 551

[Peterborough Information Network | Showing 28 search results](#)

## **Facts & Support for parents**

### **Self-Harm**

The rate of self-harm among young children in the UK has doubled over the last six years, according to a new analysis.

Support avenues are available to young people and to parents to help understand how best to deal with Self-harm in young people.

[Self-harm: advice for parents - With You \(wearewithyou.org.uk\)](https://www.wearewithyou.org.uk)

Samaritans

Hours: Available 24 hours

116 123

[Where to get help for self-harm - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Useful contacts - self-harm - Mind](#)

[Self-harm | Advice for young people | Get help | YoungMinds](#)

### **Mental Health Support**



[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



[Peterborough - Centre 33](#)

Welcome to Centre 33 in Peterborough. We run a drop-in every Tuesday at 16 Crawthorne Road for you to come and chat about anything you need support with.