

Safeguarding Section for Website:

If you have any concerns about a child's welfare please contact the school to speak to one of the safeguarding team or SPOA (Single Point Of Advice) for general enquiries and to discuss a referral.



SPOA Contact:

Tel: 01323 464222 (Monday to Thursday 8.30am - 5pm, Friday 8.30am - 4.30pm)

Email: 0-19.SPOA@eastsussex.gov.uk

https://www.eastsussex.gov.uk/children-families/family-support Organisations that help families with money and housing, domestic violence, parental courses and advice.	https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs CAMHS stands for Child and Adolescent Mental Health Services. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. You might also see CYPMHS used which stands for Children and Young People's Mental Health Services.	https://www.nhs.uk/apps-library/calm-harm/ Calm Harm is an app to support and help people resist or manage the urge to self-harm
https://czone.eastsussex.gov.uk/inclusion-and-send/isen-d-services/communication-learning-and-autism-support-service-class/classplus/	https://www.samaritans.org/ Whatever you're going through, a	https://www.nspcc.org.uk/ A wide range of help and support for any area of keeping children safe.

CLASS+ works across East Sussex to support families/carers of young people with ASD.	Samaritan will face it with you. We're here 24 hours a day, 365 days a year.	
https://www.childline.org.uk/ Extensive advice and support	https://www.eastsussexchildren.nhs.uk/ NHS help specifically for children	

Mental Health Support for Children & Adults

https://www.youngminds.org.uk/ Young Minds provide young people with tools to look after their mental health.	https://www.place2be.org.uk/ Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.	https://www.holdingspace.org.uk/ Supporting parents/carers whose children are struggling with their mental health. We offer a safe space for you to come together and know that you are not alone.
https://www.mind.org.uk/ Advice & support for anyone experiencing a mental health illness or problem.	https://www.england.nhs.uk/mental-health/adults/ Mental Health First Aid is a social enterprise, a company without shareholders. We offer expert guidance and training to support mental health, in the workplace and beyond	

ADDITIONAL SUPPORT AND RESOURCES

DRUGS AND ALCOHOL

NSPCC

NHS

Childline

GAMBLING & GAMING

YGAM

LGBT

The Proud Trust

DOMESTIC VIOLENCE

Refuge

Victim Support

FOOD

Eastbourne Food Bank

Change 4 Life
