

Learning Needs (SEND)

The local offer from North Lincolnshire Council.

www.northlincslocaloffer.com

Neurodiversity

Support available for Autism and ADHD.

<https://camhs.rdash.nhs.uk/north-lincolnshire/neurodevelopment-asd-adhd/support-and-services-available-in-north-lincolnshire/>

<https://www.autism.org.uk> Autism

Bereavement

A guide for parents to support children with bereavement

<https://uktraumacouncil.org/resource/traumatic-bereavement-guide-for-parents-carers-bereavement>

Internet Safety

[National Online Safety Membership](#)

[Advice regarding online safety](#)

<https://parentzone.org.uk/>

Counselling

Speak to a counsellor online

www.kooth.com

[Trauma Informed Parent](#)

School Nurse

[Eclinic](#) – free app to get direct contact with a school nurse and discuss any health related issues.

Mental Health

Download free apps - Safety plan, Headspace, Life Central, Focus on the Go, Chill Panda, Virtual Hope Box, Breathe to Relax, The Habit Factor (Lite version) The Insight Timer, Mandala Colouring, Stop Breathe Think, Smiling Mind, Sam, NHS Moodzone and Well Mind.

CAMHS 01724 408460

<https://youngminds.org.uk>

<https://www.annafreud.org>

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://parentingsmart.place2be.org.uk/>

<https://treeof.com>

An online package to support mental health and emotional well-being through video clips, literature, activities and reflections. Each student and parent have their own login, as there are modules for children and adults. To login, your username is your first Initial followed by Surname @coritani.co.uk for example John Smith JSmith@coritani.co.uk

Password is CoritaniAcad@Treehouse which can then be changed

[NSPCC Freephone 08088005000](tel:08088005000)

[Samaritans Freephone 116123](tel:116123)

Anxiety

“A guide to anxiety for kids – fight, flight or freeze”

https://www.youtube.com/watch?v=FfSbWc3O_5M

- “4 ideas for supporting a child with anxiety” <https://www.youtube.com/watch?v=VbMUMFxfv40>
- “A to Z of coping strategies” <https://www.youtube.com/watch?v=5EXpkVw3fh0>
- “Coping skills. 5, 4, 3, 2, 1 grounding technique” <https://www.youtube.com/watch?v=8IM8pgMgjEs>

Domestic Abuse

[The Blue Door 0800 197 4787](tel:08001974787)

thehideout.org.uk

Facebook / Twitter

[Safe North Lincs](#)

Drugs / Alcohol

[North Lincolnshire Delta 01724 298528](tel:01724298528)

[Hull Refresh 01482 331059](tel:01482331059)

[North East Lincolnshire We are With You 01472 806890](tel:01472806890)

[East Riding Young Peoples' Drugs and Alcohol Service 01482 336675](tel:01482336675)

Sex / Relationships

<https://www.thinkuknow.co.uk/parents/ask-the-awkward/>

Road Safety

<https://www.rospa.com/media/documents/road-safety/teaching-road-safety-a-guide-for-parents.pdf>

Information for Foster carers

[Caring2learn in Lincolnshire](#)

<https://www.northlincs.gov.uk/people-health-and-care/fostering-in-north-lincolnshire/>

Child exploitation

PACE Parents against Child Exploitation 0113 2405226

[For parents - Parents Against Child Exploitation \(Pace\) UK \(paceuk.info\)](#)

ChildLine 08001111

Trauma

<https://www.acesonlinelearning.com>

<https://waypoint-training.org.uk/courses/trauma-informed-practice/>

Coritani Communication

Phone 01724 501020

Email admin@coritani-iet.co.uk

Class dojo

Century Tech

Microsoft Teams

Parent Questionnaires can be found on the website

Termly Face To Face Review Meetings with a written report

Parental Support

www.northlincslocaloffer.com

<https://www.saferneighbourhoods.net>

North Lincolnshire Children's Services 01724 296500

North East Lincolnshire Children's Services childrensservicesnel@nelincs.gov.uk

Sendiass 01724 277665