

## Safeguarding at Christmas

**Christmas can be a difficult time for many people. Below you will find some links which may be useful to you.**

### Links for students:

#### **Allsorts** - all ages, countywide

Supports and empowers lesbian, gay, bisexual and trans young people. Offers groups and 1:1 support with friendly and knowledgeable LGBT youth workers.

#### **Chat Health** - ages 11-19, countywide

Opening hours: Monday to Friday, 8.30am to 5pm

A confidential text-messaging service for people in education aged 11-19 years, offering advice and support about health related issues including social, emotional, mental and sexual health. Young people can text 07507 332473 and the team will aim to respond within 24 hours.

#### **E-motion online counselling** - ages 12 to 18, countywide

Offers free online counselling to young people living in East Sussex on any issues related to mental health and wellbeing. Young people can self-refer to this service and speak to a trained counsellor at a time that suits them.

#### **East Sussex Young Carers** - ages 5-18, countywide

Supports young carers responsible for caring for a family member with a long-term illness, disability, mental health or substance issues. The team offer a range of short-term interventions including signposting, 1:1 support and in-school support and workshops

<https://www.childline.org.uk/> all ages – nationwide

Website offers lots of advice, also provides phone and text chat

### Links for parents/carers:

All of the above can provide support for parents and carers too. In addition click on these links.

<https://www.careforthefamily.org.uk/>

A useful website with lots of articles and tips on raising children and teens.

<https://www.gingerbread.org.uk/>

A great source of support for single parents

[safefromharm@sussexcommunity.org.uk](mailto:safefromharm@sussexcommunity.org.uk)

Support for people who have, or are experiencing domestic violence, or abuse, or sexual abuse

<https://www.samaritans.org/>

For all round support if you are finding it hard to cope. They offer a phone line and an email service.

### An interesting blog

<https://www.myconcern.co.uk/blog/christmas-safeguarding/>

**Lastly, if you have any concerns about the safety of a child over the festive period contact East Sussex Children's Services**

<https://www.eastsussex.gov.uk/childrenandfamilies/worried-about-a-child/>