



Calm  
 top what you are  
 doing.  
 Look out of the  
 window.  
 Let your shoulders  
 drop.  
 Stretch.  
 Allow your mind to  
 calm down.  
 and Think



Breathing  
 Close your eyes.  
 Take deep breaths  
 in and out.  
 Think of your  
 favourite place,  
 Focus on the place  
 and picture  
 yourself there.  
 What can you see?  
 What can you  
 smell? What can  
 you feel?

Contacts, Websites and Support Services should you feel like you need some support with your safety/ thoughts/feelings/mood/ online safety		
Who can I contact?	How could they help?	The number /links needed
C-L-S One Point Hub	Early help support	0300 026 1112
First contact/ Social care direct	If you have a concern about a child or young person's welfare who lives in County Durham	03000 267 979
Emergency	Police, Ambulance, Fire service	999 101 (non-emergency)
Think you know	Parent and carers controls designed to help manage child's online activities	<a href="https://www.thinkuknow.co.uk/parents/articles/Parental-controls/">https://www.thinkuknow.co.uk/parents/articles/Parental-controls/</a>
CEOPS	Child Exploitation and Online Protection	<a href="https://www.ceop.police.uk/safety-centre">https://www.ceop.police.uk/safety-centre</a>
NSPCC	Protect children and prevent abuse	0808 800 5000
Childline	A free, private & confidential service where you can talk about anything.	0800 1111 <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
The Harmless	Self- harm support	<a href="http://www.theharmless.org.uk">www.theharmless.org.uk</a>
NHS Every mind matters	helping you make small changes that fit your life, so you feel better and healthier every day	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
PAPYRUS	Suicide prevention and support phone	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> 0800068 4141 TEXT: Help: o7786209697
Hopeline UK		
CAMHS Crisis	Mental Health Crisis concerns for yourself/friend/family	0300 123 9296
Kooth	Free email counselling and support	<a href="http://www.kooth.com">www.kooth.com</a>
<u>Mindfulness</u> - Young minds -mindfulness for teens	For young people and parents / carers  Mindfulness for teens at home	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>  <a href="http://mindfulnessforteens.com">http://mindfulnessforteens.com</a>
<u>The Mix</u> (Useful info on a wide range of topics)	Under 25 multi media channel service to take on the embarrassing problems, weird questions and thoughts you have.	<a href="http://www.themix.org.uk">www.themix.org.uk</a>