



Where to get support during school closures

Emergency Contacts

| Organisation | What do they offer? | Contact Details |
|---------------------------------------|--|---|
| Children's Services | Emergency safeguarding | 0208 379 2536 (Referrals) |
| Multi-Agency Safeguarding Hub (MASH) | Onward referrals to Early Help or Social Services | 0208 379 5555 |
| Samaritans | Crisis mental health support | 116 123 |
| Childline | Support for children and young people | 0800 1111 |
| National Centre for Domestic Violence | Providing emergency injunctions within two weeks of police involvements | 0207 186 8270 / 0800 970 2070 (Option 1) www.ncdv.org.uk |
| Solace | Domestic abuse helpline | 0808 802 5565 |
| Mankind | Helping men escape domestic abuse | 01823 334244 https://www.mankind.org.uk/ |
| Out of hours mental health support | Emergency mental health support. This service operates 24 hours a day. | 020 8702 3800 |
| Crisis resolution Enfield | Intensive mental health care in people's homes | 020 8702 3800 |
| Child Law Advice | Advice on legal matters to do with child and family law E-mails preferred due to COVID-19 | 0300 330 5480 www.childlawadvice.org.uk |
| SCAN | The Service for Children & Adolescents with Neurodevelopmental disorders | 020 8702 5160 |
| Cheviots | Cheviots Children's Disability Service is a multi-agency service for children and young people with learning, sensory and physical disabilities in the London Borough of Enfield | 02083664203 |
| ILDS | Integrated Learning Disability Service for Adults | Learning.Disabilities@Enfield.gov.uk 020 8379 5075 |



Where to get support during school closures

Covid-19 Specific Help

| Organisation | What do they offer? | Contact Details |
|---|---|--|
| Durants School Website | Social stories explaining Coronavirus | https://www.durants.enfield.sch.uk/page/?title=STaying+at+home&pid=172 |
| North Enfield foodbank | Food bank vouchers which can be exchanged at a local foodbank for essential items. | https://northenfield.foodbank.org.uk/get-help/ |
| Centre for Disease Control | Helpful messages on how to talk to children about Coronavirus | www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/talking-with-children.html |
| Every Mind Matters | Provides general information about looking after your mental health which would be relevant during this challenging time and provides top tips to improve emotional wellbeing | https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz |
| Mind | Provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice | https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing |
| Lets Talk Improving Access to Psychological Therapies (IAPT) | Service designed to work with mild to moderate common mental illnesses, including depression and anxiety disorders | 020 8342 3012 lets-talk-enfield@nhs.net |
| Video for children and young people | Regarding the Coronavirus | https://www.youtube.com/watch?v=ME5IZn4-BAk |
| Unicef | Information regarding Coronavirus | https://www.unicef.org/coronavirus/covid-19 |



Where to get support during school closures

Family Support

| Organisation | What do they offer? | Contact Details |
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| YoungSibs | For brothers and sisters of disabled children and adults | https://www.youngsibs.org.uk |
| National Autistic Society (NAS) | Autism specific support and resources | NAS Website: www.autism.org.uk NAS Helpline: 0845 070 4004 (with language help in 55 languages if required) Parent to parent: 0800 9 520 520 |
| Mencap Support Supporting Learning Disability | Connect & Share Your Experiences in a Safe & Welcoming Online Community. Support for Families. | www.mencap.org.uk Helpline: 0333 252 2201 0808 808 1111 |
| NSPCC | Information and advice on how to keep children safe, online safety and support for parents. | Helpline: 0808 800 5000 Email: help@nspcc.org.uk www.learning.nspcc.org.uk/researchresources/leaflets/positive-parenting |
| Care for the family | Support and advice linked to relationships, parenting and bereavement. | Helpline: 029 2081 0800 www.careforthefamily.org.uk/familylife/parent-support |
| Family Based Solutions | Family Based Solutions works with the whole family to end the abuse and repair family relationships. | Helpline: 020 8363 6262 admin@familybasedsolutions.org.uk |



Where to get support during school closures

Mental Health Support

| Organisation | What do they offer? | Contact Details |
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| Enable | Specialist treatment anyone over the age of 18 living in Enfield who is worried about their alcohol or drug use. | 0208 379 6010 |
| Mind | Mental health support | 0300 123 3393 |
| Young Minds | Parent helpline for children and adolescents with mental health issues | 0808 802 5544 www.youngminds.org.uk/find-help/forparents/parents-helpline/ |
| Rethink / Give us a shout | Mental health support and advice - online, by phone and via text | Text 'SHOUT' to 85258 www.giveusashout.org www.rethink.org.uk |
| Community Support and Recovery Team | Treatment and support to people with common mental health issue such as anxiety, depression, and schizophrenia, bi-polar affective disorder, psychotic depression and other psychiatric disorder | 58-60 Silver Street, Enfield, EN1 3EP Tel: 020 8379 414 |
| Support Line | Emotional support for people who are vulnerable – available via e-mail currently | Email: info@supportline.org.uk 01708 765200 www.supportline.org.uk |
| Campaign against living miserably (CALM) | Free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems. | 0800 58 58 58 |
| Samaritans | Crisis mental health support | 116 123 |