



# Help for the Holidays:



## Summer 2024

**A guide to new safeguarding trends and advice for Broadwater parents and students. For information about other support and services please refer to the wellbeing section on the Broadwater School website.**

# Wellbeing Support Information & Signposting

A quick guide to sources of support for Broadwater parents and students

## Get help in a mental health crisis

Mental Health Crisis Helpline: 0800 915 4644



Surrey and Borders Partnership  
NHS Foundation Trust

24 hour support for people in Surrey and North East Hampshire experiencing a mental health crisis

Please note: this number is now also the 24/7 mental health crisis line number for children, young people and their families. Please call 0800 915 4644 if you're in crisis or worried about yourself or a young person.

If you have speech or hearing difficulties, you can contact us through:

- SMS text: 07717 989024
- for text support for people with hearing impairments, dial 18001 0800 915 4644 from your text phone or smartphone app. More information at [www.relayuk.bt.com](http://www.relayuk.bt.com)

If you or someone else is in a life-threatening situation then ring 999 immediately.

If you urgently need medical help or advice but it's not a life-threatening situation, you can call 111.



Mindworks Surrey (formally CAMHS) is the emotional wellbeing and mental health service for children and young people in Surrey.

Visit <https://www.mindworks-surrey.org/> to find a wealth of information about support and services available.

## Serious Concerns



If you have serious concerns about your child you can:

Contact the police on 999 for an emergency or to report a crime  
<https://www.surrey.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

Or



Contact Children's Services on 0300 470 9100 or [cspa@surreycc.gov.uk](mailto:cspa@surreycc.gov.uk)

During evenings, weekends and bank holidays the Emergency Duty Team can be contacted on:  
01483 517898

## Online Safety

Online safety is constantly changing due to the rapid development in the usage and information that is readily available to our children. The following information provides updates on some safeguarding trends to be aware of.

### Sextortion

The meaning of sextortion comes from the combination of 'sex' and 'extortion'. It refers to someone threatening to share or distribute intimate images unless the victim takes a certain action.

Victims of the blackmail threats might know the perpetrator. However, they can also be a stranger. The perpetrator might demand that the victim share more images or send money.

Sextortion scams usually fall into these two categories:

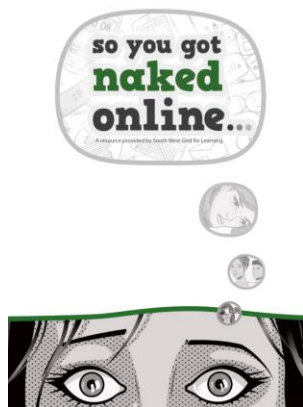
- **Image sextortion:** the purpose of the extortion is to obtain indecent images of an individual;
- **Financial sextortion:** the purpose is to gain financially. With financial sextortion, victims pay money to stop the perpetrator from sharing images more widely.

For more information please refer to [www.internetmatters.org](http://www.internetmatters.org) this website will give advice.

### Sexting/Nudes

The term 'sexting' is used to describe the sending and receiving of sexually explicit photos, messages and video clips, by text, email or posting them on social networking sites.

Young people may send images and messages to their friends, partners, or even strangers they meet online.



<https://swgfl.org.uk/assets/documents/so-you-got-naked-online.pdf>

This provides advice and useful contacts for young people who have posted pictures online.



Nude image of you online?  
We can help take it down.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove>

This supports young people with removing sexual images.

## Self-Harm

Self-harm is when a person intentionally hurts or harms themselves as a means of coping with or expressing emotional distress. Many describe their self-harm as a way to release overwhelming emotions. Some people plan it in advance, others act on the spur of the moment. Though some people self-harm only once or twice, others do it regularly and it can become hard to stop.

The types or methods of self-harm can be divided into 3 groups:

- **Cutting**
- **Scratching**
- **Biting**
- **Hair-pulling**
- **Banging**
- **Hitting**
- **Burning**

**Swallowing poisonous  
substances  
objects/ overdosing**

- **Exercising  
excessively**
- **Over or under eating**
- **Neglecting self care**

### Warning signs

Some of the signs could include:

- Appear withdrawn or show signs of low mood
- Stop participating in normal activities
- Have rapid mood changes
- Get angry or upset easily
- Wear clothes that are inappropriate for the weather
- Become secretive or upset if you go through their belongings

### Responding to self-harm

It is natural to feel panicked and worried if your child is self-harming however it is important to respond to the child in a calm and non-judgemental manner.

Administer basic first aid if required. Ask your child what they have used to self-harm and check that the wounds are clean.


Organise an appointment with your GP or take your child to your nearest A&E.

If it is out of hours, you can contact the Mindworks Crisis Line (information above).

Check your child's social media usage, there are some unhelpful feeds currently 'promoting' self-harm.

Create a safe space for your child to have open conversations with you.

Other support

**Believe in children**  
 **Barnardo's** <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health/supporting-your-child/self-harm>

**NSPCC** <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>

**YOUNGMINDS** <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/#Signsayoungpersonisselfharming>

## Further support for Young People and Parents

**childline**

ONLINE, ON THE PHONE, ANYTIME

Childline.org.uk 0800 1111

Useful information on removing digital images and mental health support.

**kooth**

Kooth.com

A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online

**internet  
matters.org**

Information on keeping young people safe online

**YOUNGMINDS**

Youngminds.org.uk

Parents A-Z mental health guide along with information for young people to support mental health



Advice and guidance on neurodiversity



Greenhub.ork.uk

The Green Hub Project for Teens is a local community charity serving residents of Godalming, Milford and Witley, along with the broader Waverley and Surrey areas. We support teenagers and their families / carers facing SEMH (Social, Emotional and Mental Health) challenges.