



# Useful Contacts

## Safeguarding Support

Designated Safeguarding Lead: Mrs Hammill, Deputy Headteacher, Pastoral  
**hammille@stjosephs.uk.net**  
Telephone: 0191 428 2700

### **Social Care Advice and Support: contact**

Early Help Outreach Advice: 0191 4246210  
Children's Services (ISIT) 9am—5pm: 0191 4245010  
Children's Services (Out of Hours) 5pm onwards: 0191 4562093  
Police (non emergency): 101 or 01661 872555 (emergency) 999

## Pastoral Support

Head of Aidan House: Mrs Berry  
**berryb@stjosephs.uk.net**  
Head of Bede House: Mrs Coyles  
**coylesk@stjosephs.uk.net**  
Head of Cuthbert House: Mr Leask  
**leaskm@stjosephs.uk.net**  
Head of Dunstan House: Mrs Hardy  
**hardyk@stjosephs.uk.net**  
SENCO: Mrs Bowman  
**rlbowman@stjosephs.uk.net**

## Young Carer's Support

### **South Tyneside Young Carers**

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

0191 4272795

Email: [levi@styoungcarers.org.uk](mailto:levi@styoungcarers.org.uk)

## Mental Health Support

If you are in crisis or need to talk to someone for emotional support or advice you could contact the following services:

Life Cycle Service **0191 2832937**

The South Tyneside and Sunderland Children and Young People's Service Tel: **0191 566 5500**

Kooth – online counselling service- <https://www.kooth.com/>

If you urgently need specialist advice the Initial Response Service offer 24/7 support and information for Sunderland, South Tyneside & Gateshead **0303 123 1145**

To discuss concerns and signpost you to the correct service you could call **NHS 111**

## Food Banks

Hebburn Helps, Campbell Park Road, Hebburn: 0191 4899707  
New Hope Church, South Shields: 0191 4245462  
Hospitality and Hope, South Shields: 0191 4203336

# Mental Health Wellbeing

[www.kooth.com](http://www.kooth.com)

Kooth Live Forums: April 2020

*Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.*

Monday 6th April – **Relieving Stress**

Wednesday 15th April – **VOC: Myth Busting: The "Snitch"**

Friday 24th April – **What is Self-Belief?**

Monday 27th April – **Stories, Movies and Games Night**

## What to do if you're anxious about coronavirus

12 March 2020

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.

- [Talk to someone about how you're feeling](#)
- [Arm yourself with the facts](#)
- [Know what you can do](#)
- [Don't overexpose yourself to the news](#)
- [Stick to your normal routine](#)
- [Find things that help you feel calm](#)
- [Prepare](#)
- [Dealing with self-isolation](#)

Advice from Young Minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)



← Follow these useful links on the Young Minds website!