



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: Miss Donnelly
donnelyr@stjosephs.uk.net

Young Carer's Support

South Tyneside Young Carers
<https://www.southtynesideyoungcarers.org/>
0191 4272795
Email: 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

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



← Follow these useful links on the Young Minds website!