

### **Safety and welfare**

**Children Hub Hartlepool** 01429 284284

<https://hartlepool.fsd.org.uk/kb5/hartlepool/fsd/home.page>

### **Toileting advice:**

Please see link which is parent, child and young person friendly in respect of bed wetting, constipation, soiling, toilet refusal, day time wetting and toilet training.

<https://www.eric.org.uk/>

### **Headlice advice:**

<https://www.nhs.uk/conditions/head-lice-and-nits/>

### **Healthy choices**

<https://www.nhs.uk/change4life/about-change4life>

(includes free recipe's which kids are able to help make)

### **Emotional wellbeing:**

**CAMHS Crisis contact number**

**0300 300 0099**

### **Kooth**

<https://www.kooth.com/>

(Free, safe and anonymous online support for young people)

### **Childline**

**0800 1111**

[https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=UK\\_GO\\_S\\_B\\_B\\_ND\\_Grant\\_Childline\\_Contact&utm\\_term=childline\\_online\\_chat&qclsrc=aw.ds&qclid=EAlalQobChMlj8uQzcKw6AIVmobVCh1EqA7VEAAYASAAEgKfdfD\\_BwE&qclsrc=aw.ds](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/?utm_source=google&utm_medium=cpc&utm_campaign=UK_GO_S_B_B_ND_Grant_Childline_Contact&utm_term=childline_online_chat&qclsrc=aw.ds&qclid=EAlalQobChMlj8uQzcKw6AIVmobVCh1EqA7VEAAYASAAEgKfdfD_BwE&qclsrc=aw.ds)

**Samaritans**

116 123

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

**Childmind**

<https://childmind.org/>

(Includes free resources for parents to use to explain Corona Virus to younger children)

**Young Minds**

0808 802 5544

Young people can also text 'YM' to 85258

[https://youngminds.org.uk/?gclid=EAlalQobChMIwd\\_PpMSw6AIVA4bVCh2scgB\\_EAAYASAAEqKo9vD\\_BwE](https://youngminds.org.uk/?gclid=EAlalQobChMIwd_PpMSw6AIVA4bVCh2scgB_EAAYASAAEqKo9vD_BwE)

**Time to change**

<https://www.time-to-change.org.uk/>

**NSPCC**

<https://www.nspcc.org.uk/>