



Eastbrook School
Wellbeing & Support

**Information for Pupils and
Families**

June 2023

It is important to us that our pupils and their families are safe and able to access any support they need.

Below is information of organisations that can help when needed.

Who can I contact if I don't feel safe?



For Police
Ambulance
Fire Service



Provides help for anyone
under the age of 19



0800 555 111
Information and
support about crime

**Barking and Dagenham MASH Team
(Social Services) 020 8227 3811**

Where can I access support for my mental health?



Provides advice and
info for young
people, parents and



Samaritans - A safe space
to talk
carers



Advice and support
on a number of
topics



Online counselling

Free helpline
0808 808 4994

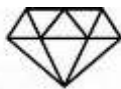


Free information on
health nhs.go.uk

More Mental Health Support...



Confidential support/
advice if thinking of
suicide
0800 068 4141



ALUMINA
Support young
people with self-harm
topics



Offer support with
bullying and other

ADHD Support – www.addup.co.uk 01708 454 040

Where can I get support with online bullying or other online issues?



Advice about staying
safe online



Information and advice



Films, videos and
games with tips



0808 800 2222

Helpful Apps:



BBC Own It - Digital wellbeing app



Mindful Gnats - For mindfulness and relaxation techniques



SmilingMinds – Age 7 + - Meditation and mindfulness



Calm Harm – Help to manage the urge to self-harm



Clear Fear – Help to manage anxiety

This is a difficult time for families, and you may be worried about not having access to the food you need.

You may be entitled if you are pregnant or have a child under the age of 4yrs:
<https://www.healthystart.nhs.uk/healthy-start-vouchers/>

Please find below the **local food banks** that may be able to help:

Dagenham Food Bank

RCCG House Of Faith Connections.

The BEACON, 104 New Road, Dagenham, RM9 6PE

Tel: 020 8595 0122

Barking Food Bank

Elim Church, 93 Axe St, Barking IG11 7LZ

Tel: 020 8217 0660

Please find below a list of **Community Food Clubs**:

You can join to access a range of services, including health, employment, training and skills, plus reduce the price of your shopping bill. Pay £3.50 (weekly) or £10 per month a visit to access £20 worth of shopping each week.

Heath Community Hub – Wednesdays 12-4pm

Frizland's Lane, Dagenham, RM10 7HX Tel: 020 8724 1924

Dagenham Library Community Hub – Fridays 11am – 1pm

1 Church Elm Lane, Dagenham, RM10 9QS

St Thomas's Church Food Pantry – Mondays 1-3pm

Burnside/Haydon Road, Dagenham, RM8 2PA

Northbury Community Hub – Fridays 3.30pm – 4.30pm

2 Victoria Road, Barking, IG11 8PY

For Money Worries:

Barking & Dagenham Citizens Advice Bureau - **020 8507 5969**

DABD - 0208 592 8603 www.dabd.org.uk/help-and-advice/help-with-money

Homeless Prevention: 020 8724 8323 Out of Hours: 020 8215 3000

Email: housingadvice@lbbd.gov.uk