



Eastbrook School

Wellbeing & Support

Information for Pupils and Families

September 2020

More Mental Health Support...



Confidential support/
advice if thinking of
suicide **0800 068 4141**



Support young
people with self-harm



Offer support with
bullying and other
topics

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



MeeTwo – Talk about difficult things

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.

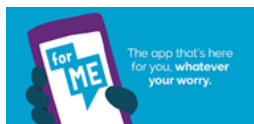
Who can I contact if I don't feel safe?



For Police
Ambulance
Fire Services



Provides help for anyone
under the age of 19



A free app by
Childline designed by
young people that
offers access to chat,
advice and tips.

**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
carers



Samaritans - A safe space
to talk



Advice and support
on a number of
topics



Online counselling



Free helpline
0808 808 4994



Culturally sensitive support
0808 808 2008

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

Elm Church, 93 Axe St, Barking IG11 7LZ
Tel: 020 8217 0660

Bethel Christian Centre Food Bank

170 Bennett's Castle Lane, Dagenham, RM8 3XP
0208 595 8291

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.

William Bellamy Children's Centre – Mondays 12-4pm

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

Marks Gate Community Hub – Thursdays 11-1pm

Rose Lane, RM6 5NR

Sue Bramley Children's Centre – Fridays 12-2pm

Bastable Avenue, Barking, IG11 0LG Tel: 020 8270 6619

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