



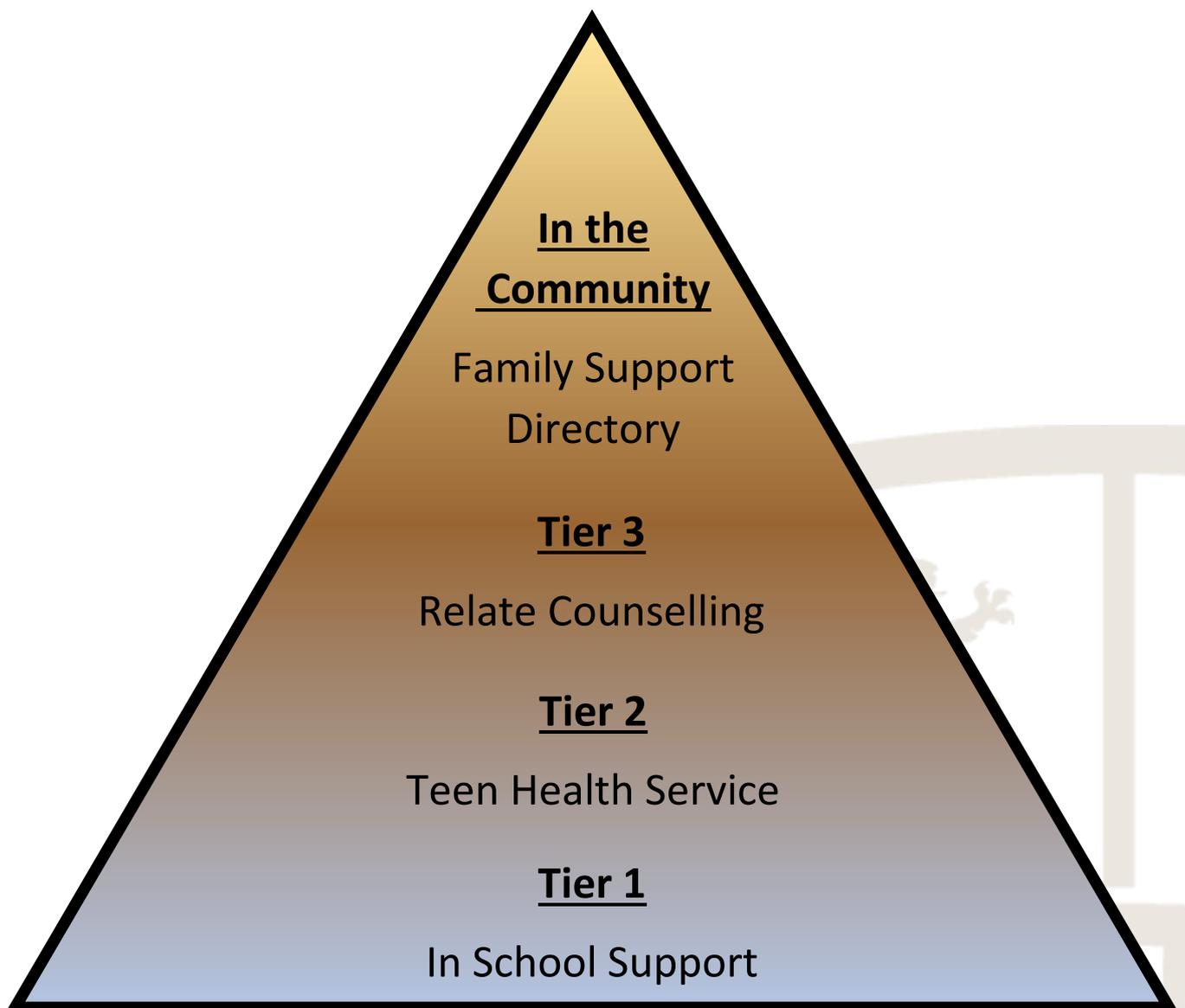
The Hinckley
SCHOOL

Mental Health Offer & Family Support Directory

Mrs K Priestnall, DSL
(Director of Safeguarding & Student Well-Being)

Mental Health Offer Tiers at The Hinckley School:

Here at The Hinckley School, our extensive Mental Health Offer provides support through a three-tier programme, engaging with internal parties and external agencies to best support our young people and families.



Tier 1

In school support :

1. Speak to your Form Tutor. This person is your in school 'parent' and can offer good support and advice and signposting where necessary.
2. Pastoral Leaders – there is one dedicated Pastoral Leader for every year group. This person can offer a good bespoke support package and further signpost where necessary.
3. Year Leaders – there is one Year Leader for every year group and they are there to offer further good help and advice.
4. Mental Health First Aider – there is a qualified MHFA in school. Their role is to support immediate mental health needs and work with individuals to offer a tailored support.
5. The Safeguarding Team – There are 2 dedicated full-time members of staff to support the daily safeguarding concerns which arise.
6. Special Educational needs Coordinator – There is a full time SENCO in school to support any student with special educational needs.
7. Staff training – Staff receive regular training and updates on mental health issues from the Designated Safeguarding Lead who is a qualified NSPCC trainer

Tier 2

Teen Health

[Teen Health 11-19 Service - Leicestershire and Rutland](#)

Teen Health is a team of caring and dedicated Health and Wellbeing Officers who work across Leicestershire and Rutland to provide health and emotional wellbeing advice and support. We focus on young people of secondary school age and above, working hand in hand with you either at your secondary school or within your local community.

Teen Health can help you with a range of different issues

- Well being
- Problems with friendships
- Sexual health advice
- Supporting you to access to contraception and testing
- Boosting confidence and self-esteem
- Coping with starting a new school
- Building positive relationships
- Dealing with exam stress
- Accessing support for physical health
- Receiving advice on drugs and alcohol
- Overcoming feelings of sadness or worry
- Staying healthy and safe

For a referral to the Teen health Service please speak to your pastoral leader or come and see the safeguarding team.

Parents and students can also refer via this link: [Teen health referral form](#) Teen Health works with all students including those with disabilities and special educational needs.



Are you experiencing:



Excessive worry

Scan to self-refer



NHS Leicester, Leicestershire and Rutland Talking Therapies 16 to years 18+

This therapy service is available to our 6th formers and they can refer themselves, parents can refer or school can refer. They provide a range of evidence based talking therapies and new ways of coping to help a young person/young adult manage their mood. This service can be provided by phone, secure video, text or in person. If school are to make the referral please see Mrs P Tomkins in the 6th form pastoral office or email: ptomkins@thehinckleyschool.co.uk

To self refer Text 'YOU' to 88802 or scan the QR code on the right.

Tier 3

Relate Counselling

Relate counsellors attend The Hinckley School two days per week, with one counsellor dedicated to sixth form and the other to KS3 and KS4.

Referrals for relate counselling are completed and triaged within the school. Counselling gives young people an opportunity to talk about concerns they have. Relate counsellors offer a non-judgemental place where they will listen, and try to help the young person express, understand and work through difficult feelings. The relate counsellors provide a one to one confidential

service, and will not share with anyone else what the young person has disclosed unless they are at risk of serious harm.

Requests for a referral for the 6th form counsellor are made via the pastoral leader Mrs Paula Tomkins, call in and see Mrs Tompkins or email on ptomkins@thehinckleyschool.co.uk

Requests for a referrals for KS3 and KS4 are made via the pastoral leaders for each year group.

Any parent wishing to contact the safeguarding team directly about a counselling referral can do so on: dsl@thehinckleyschool.co.uk

In the community

County Council Local Area Coordinators

Local area coordinators exist in all the boroughs to support families to improve health and well-being. They do not work directly with children but they will be able to support families with accessing what help is available in their area. The Area Coordinators work with people who are isolated, lonely, have housing or mobility issues and they have strong links with the foodbanks.

The aim of the Local Area Coordinator is to reduce demand on public services by supporting people before they reach crisis point and empowering people to take control of their own lives and choices. They work closely with social care and GP surgeries and at The Hinckley School we have forged a strong link with the Hinckley and Bosworth team leader to better able to distribute to our families the support that is on offer.

Contact details for Local Area Coordinators

Hinckley & Bosworth Team Leader –

John Coghlan Area Team member **Newbold Verdon, Desford, Botcheston and Thornton** Contact details John Coghlan 07943 026977 john.coghlan@leics.gov.uk

Hinckley Town Jayne Boothby 0752 692 7342 Jayne.boothby@leics.gov.uk

Barwell and Earl Shilton Christy Waring 07947 949721 Christy.Waring@leics.gov.uk

Burbage Rachel Ball 07736 632371 Rachel.ball2@leics.gov.uk

<https://www.leicestershirecommunities.org.uk/csi/local-area-coordination?parts=>

Support Directory

Below is a comprehensive directory of services from the Local Authority covering special educational needs, mental health and self-harm, teenage pregnancy and other key support services in the community including details of the local foodbanks.

Mental Health and Self Harm

Up to 18 yrs	NHS self referral for mental Health	See link	Young people can access information or self refer using My Self Referral	My Self Referral • Leicester, Leicestershire and Rutland (myselfreferral.llr.nhs.uk)
Up to 18yrs	CAMHS Child and adolescent	0116 2951350 08088003302	Referral via GP or social worker	Home - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)

	mental health service			
0-25 years	Heads Up – support for families through life’s challenges	0116 223 4254	Free support for children and families and young parents in the following areas: Support during pregnancy Support for parents or carers of babies/toddlers Support for young people Support for parents/carers of children/Teens	Heads up Website and referral form
Leicestershire	Rethink	08088010525	Via website	We are Rethink Mental Illness
All	Young minds parent helpline	08088025544	Via website	YoungMinds Mental Health Charity For Children And Young People YoungMinds
All	Childline	080011111		Childline Childline
All	Talk-ed (formerly ABC)	Get in touch	Eating disorder support, anyone can make a referral	home - TalkED (talk-ed.org.uk)
Over 18	Mind	0300 1233393 Text 86463	info@mind.org.uk	Home - Mind
All	HOPELine 247	08000684141	www.papyrus-uk.org/hopelink	Suicide prevention support
All	Harmless (Self-harm charity)	01158800280	info@harmless.org.uk	Home - Harmless
All	Charlie Waller Memorial Trust	01635869754	www.charliewaller.org mental health support	Charlie Waller Trust, mental health charity (cwmmt.org.uk)
Teenagers	NHS Health for teens		www.healthforteens.co.uk see Tier 2	Also in school weekly and have a thursday lunchtime drop in
All	Heads together	116 123 is available to call 24 hrs a day for support		Heads Together Join the conversation Mental Health
All	SHOUT	Text 85258	https://giveusashout.org free and confidential crisis text service anytime day or night	
Young people 11-18	TellMi Previously Kooth		Tellmi is an early digital mental health service for anyone over the age of 11 that is available across Leicester, Leicestershire and Rutland free of charge. You can visit the Tellmi website or download the app from your phone’s app store. Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with an online community helps you to feel better.	Tellmi website
All	Turning Point	03303036000	Free and confidential support for people with drug or alcohol issues, mental health concerns or learning disabilities.	Turning Point Health & Wellbeing (turning-point.co.uk)

18 +	Leicestershire Recovery College	0116 295 1196/ 07387532156	Free courses including mindfulness, humour for recovery, Time to Talk, Writing for Self expression. Sign up to their mailing list if interested.	Leicestershire Recovery College LPT.Recoverycollege@nhs.net
All	NHS111	24/7 Mental health support from the NHS	Call 111 and select the Mental health Option to speak to a trained mental health professional	Where to get urgent help for mental health - NHS (www.nhs.uk)
Leicestershire Partnership NHS Trust	Summary of offer of Mental health Support for Children and Young People in Leicestershire.		Click here to visit our webpage and then click on the link in the blue box	Young people - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)
Family/young people Mediation service	Talk2Sort	01509260500/ 08000385964	Supporting families to stay together, solve disagreements, support work through a number of issues such as anger management, concerns around substance misuse, lack of income, breakdown in communication	Talk2Sort
All	Calm Harm	App Store	App for people who self-harm Helps manage/ resist self-harming by providing distraction techniques	Home - Calm Harm App
All	Catch It	App Store	Mood diary using CBT Approach	Catch It – Make sense of moods App - App Store
Young People	Stem4	App Store	Apps to help young people manage low mood, anxiety and self-esteem	stem4 - supporting teenage mental health
All	My Possible Self	App Store	CBT approach for anxiety and stress	My Possible Self
All	Headspace	App Store	Guided meditation and mindfulness	Mental Health App for Meditation & Sleep - Headspace
All	Moodfit	App Store	Helps to reduce your low mood and anxiety	Moodfit Tools & Insights for Your Mental Health
All	Well Mind	App Store	Advice and tips on how to improve mental health and wellbeing	N/A
All	Stay Alive App	App Store	Crisis hotline numbers and strategies to keep safe. Suicide prevention.	StayAlive - Essential suicide prevention for everyday life
Females aged 11-19	Love4Life	love4life@love4life.charity	Supports vulnerable girls to develop their self-esteem and form positive, empowering relationships. accepts referrals from parents/guardians, schools and other support services. If you are a young person aged 16-18, you can also refer yourself.	Love4Life charity based in Derby, Leicester and Leicestershire

Disabilities and Special Educational Needs

Families	Family Action	01162574979	www.family-action.org.uk	Family Action, Building stronger families (family-action.org.uk)
Parents	SENDIASS	0116 3055614	sendiass@leics.gov.uk	Welcome SENDIASS (sendiassleicestershire.org.uk)

	Leicestershire (parent partnership)			
All	Action Deafness	01162533200	enquiries@actiondeafness.org.uk	Action Deafness
All	ADHD Solutions	01162610711	info@adhdsolutions.org	Adhd ADHD Solutions England
All	Leicestershire Autistic Society	01162916958	Leicestershireautisticsociety@gmail.com	Leicestershire Autistic Society – Leicestershire Autistic Society
All	SEN Advice Line	01163056600	senaservice@leics.gov.uk	
5-25	Tanglewood	07896345409		
All	IPSEA	Advice Line	www.ipsea.org.uk	(IPSEA) Independent Provider of Special Education Advice

Teenage Pregnancy

All	Family Lives	0808800222	askus@familylives.org.uk	family lives
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Family Bereavement

All	Child Bereavement UK	08000288840	www.childbereavementuk.org	Child Bereavement UK
All	The Laura Centre	01162544341	info@thelauracentre.org.uk	Home - The Laura Centre
3-18	Winston's Wish	08088020021	ask@winstonswish.org	Winston's Wish - giving hope to grieving children (winstonswish.org)
All	Cruse Bereavement Care	08088081677	See website	Home - Cruse Bereavement Support
Under 18	Cruse Bereavement Centre (Young People)	01162884119	hopeagain@cruse.org.uk	Home - Cruse Bereavement Support

Domestic and Sexual Abuse

All	Women's Aid Leicestershire	DV Helpline 08088020028 0116 2832225 0808 2000247 (24 hours)	admin@wallaction.org.uk	Coming Soon – Womens Aid Leicester (wa-leicester.org.uk)
All	Living Without Abuse	08088020028		LWA lwa.org.uk Domestic abuse and sexual violence charity : LWA
All	Jenkins centre	0116 2540101	Interventions and counselling for young people and their families.	https://www.jenkinscentre.org/

Children who have experienced abuse	FreeVA	08088020028	info@uava.org.uk	FreeVA Support – Free from Violence & Abuse
18+	Juniper Lodge Sexual Assault Referral Centre	01162733330	Juniper.lodge@leicestershire.pnn.police.uk	JL – JL (juniperlodge.org.uk)
All	StopItNow!	08081000900	help@stopitnow.org.uk	Stop It Now! UK and Ireland Preventing child sexual abuse
All	Blaby District Outreach Service	01162727637	Domestic.abuse@blaby.gov.uk	
Men 13+	First Step	01162548535 (If there is no answer, can text to request a call back)	contact@firststepleicester.org.uk	First Step
Women/ girls 14+	Jasmine House Leicester Rape Crisis	01162555962 08085002222		Jasmine House - Leicester Rape Crisis at Jasmine House
Women 16+	Quetzal	03331014280	help@quetzal.org.uk	Quetzal - Free Counselling for Women who have experienced Childhood Sexual Abuse
5-18	Family Action Post Sexual Abuse	01162168334	leicester@family-action.org.uk	Family Action, Building stronger families (family-action.org.uk)
4-18	Blaby Children's Support Worker	01162727734	community-safety@blaby.gov.uk	Home – Blaby District Council
5-18	Children's Support Service	01455255784	Hinckley and Bosworth Borough Council	childrens.support@hinckley-bosworth.gov.uk

Counselling and Mediation

0-19	Children's Support Service	01162727734	Community.safety@blaby.gov.uk	Home – Blaby District Council
10+	Relate (1 to 1 Support, 8+ group work, early intervention)	01162543011	reception@rllr.org.uk also available in school see Tier 3	Relate Leicestershire Counselling Couples, counselling individuals, relationship counselling, young people's counselling, family counselling, sex therapy and training courses
10-19	Twenty Twenty Love4Life	01509236144	Love4Life@twentytwenty.org.uk	About Love4Life (twentytwenty.org.uk)
13+	The Centre (LGBT)	01162547412	info@leicesterlgbtcentre.org	Leicester LGBT Centre

Adults	The Leicester Counselling Centre	01162558801	admin@leicscounselling.co.uk	The Leicester Counselling Centre
Families	The Laura Centre	01162544341	info@thelauracentre.org.uk	Home - The Laura Centre

Drug and Alcohol Misuse

All	Turning Point	03303036000	LLreferrals@turningpoint.co.uk	Wellbeing Cloud Turning Point (turning-point.co.uk)
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Carers

Up to 18	Young Carers	Speak to safeguarding team	Support through Early Help LLC	Barnadoes Young carers
Over 18	VASL		01858433232	Voluntary action south Leics Website

Online safety

Up to 18	Child Exploitation and Online Protection	Self-refer for support online or to report online abuse or concerns	www.ceop.police.uk	CEOP
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Local Foodbanks

Over 18	The Trussell Trust. In several locations across Hinckley, Barwell & Earl Shilton	01455 697390	Referral from school (K Priestnall) or GP, Social Worker, or Social Subscriber	Website Locations
Over 18	Hinckley Community Fridge	Hinckley Children and family Well being centre, Granville Road, Hinckley LE10 OPP	Open to the public Tuesday & Thursdays 10am -11am Wednesday 11am – 12 Thursday 10am – 11am No voucher necessary	Hinckley Community Fridge
Over 18	Feed The Hungry UK	08085834333	Obtain foodbank voucher	Website

The Hygiene Bank

Families	The Hygiene Bank	Referral via school for basic hygiene products	Speak to the safeguarding team at The Hinckley School	https://thehygienebank.com/
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Any family needing a hygiene box please get in touch with the Community Wellbeing hub at The Hinckley School (Mrs Priestnall or Miss Pawley) and we will leave you a box at reception for you to collect. Alternatively, it is possible to have a box dropped off if getting into school is an issue for you. Just let us know.

Victim Support

Up to 18 (under 13's need consent from parent/carer)	Victim First	Support for victims of ASB, bullying, exploitation	Referral forms here Contact Us - Victim First	0800 953 9595 or email victimfirst@catch-22.org.uk
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Household Support Fund

Adults wanting a referral to the Household Support Fund and are Leicestershire Resident please contact a professional such as; Registered Charity and Voluntary Sector, Schools and Education Settings, Food Banks, Care Organisations, Adult Social Care, Children’s Services or Local and District Councils. The link for the scheme can be found here: <https://www.leicestershire.gov.uk/adult-social-care-and-health/assessment-and-eligibility-for-care-and-support/household-support-fund>

Householdsupportfund@leics.gov.uk

If you are not a Leicestershire Resident please contact your local council for a referral. Leicester City’s scheme is here: <https://www.leicester.gov.uk/your-community/benefits-and-other-support/household-support-fund/>

Hinckley and Bosworth Borough Council

Please see below the Cost of Living information; [Cost of living support | Hinckley & Bosworth Borough Council \(hinckley-bosworth.gov.uk\)](#)

Many residents are currently struggling with rising living costs. That's why it's important to know what help and support is available now that could benefit you, a relative, friend or neighbour.

Petrol, food, energy and other bills are all rising, and we know many people are worried about how they are going to make ends meet.

If you're struggling to manage, we can offer a range of advice and support so you can find the help you need and are entitled to.

Our Ukrainian contact here at Hinckley & Bosworth Borough Council is Eugene Moroi; ukraine@hinckley-bosworth.gov.uk

Ukrainian Support Groups

There are several support groups emerging across the district, that have been set up by volunteers. These groups are a great opportunity for sponsors and their guests to meet others who are in similar situations and share information and experiences.

Please see date & time of meeting;

- *Hinckley: Pathways Centre, Baptist Walk, Hinckley LE10 1PR. Every Friday, 10am to 11.30am*

Healing together information

Hinckley and Bosworth Borough Council are delivering the ‘Healing Together’ programme for children/young people aged 5-16 who have been impacted by domestic abuse. The programme helps children/young people learn about how their body and brain can work together to help them feel safe and calm (more information is on the attached leaflet). Healing Together is a 6 session trauma informed programme that enables children/young people to access early intervention by people they trust, and in a space they feel safe.

If you have been/are in contact with a family who are Hinckley and Bosworth residents, where a child/young person has been impacted by domestic abuse please fill out the referral form attached and send it to childrens.support@hinckley-bosworth.gov.uk

