



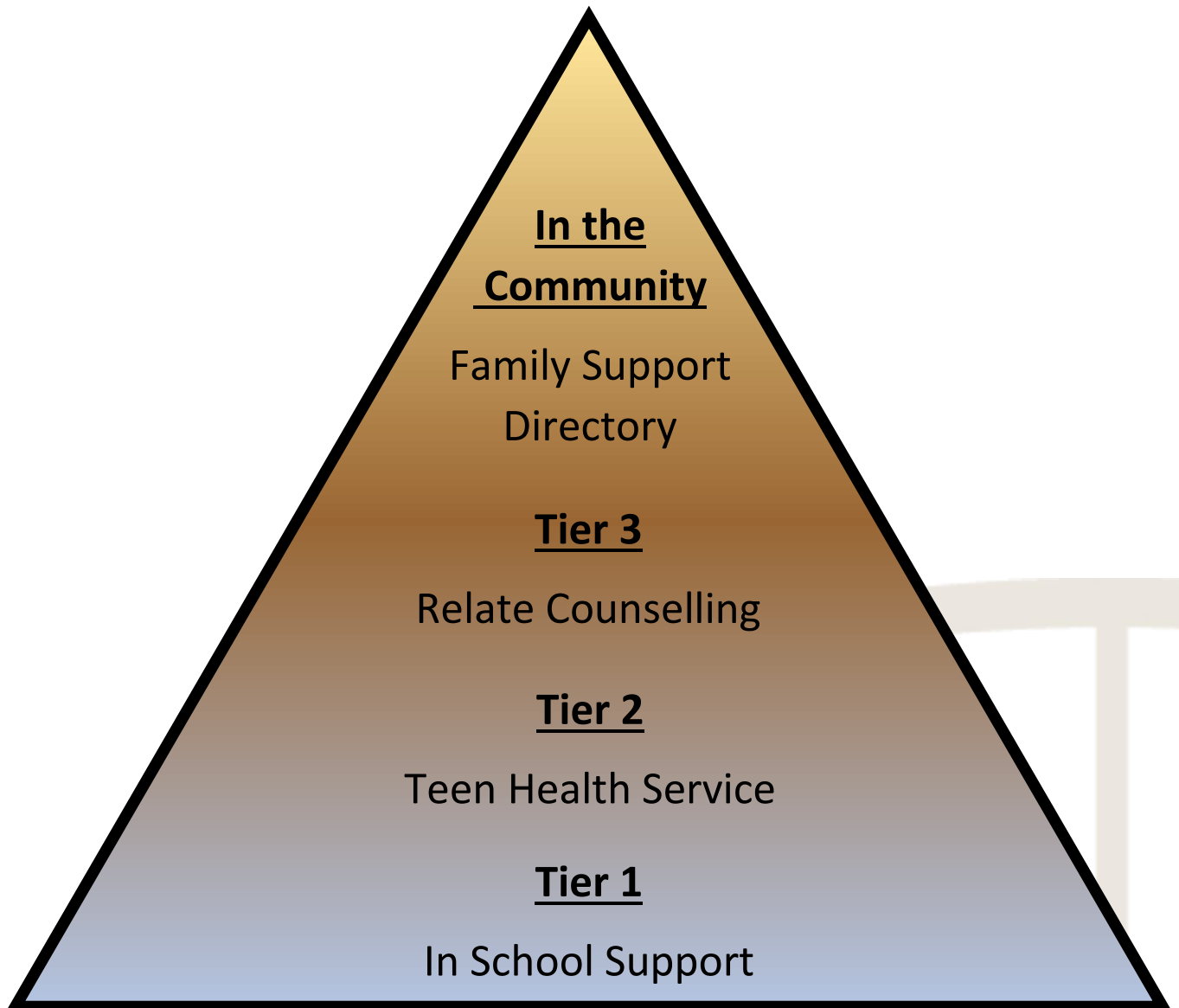
The Hinckley
SCHOOL

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.

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.



NHS

Are you experiencing:



Excessive worry

Scan to self-refer



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 18yrs | CAMHS Child and adolescent mental health service | 0116 2951350 08088003302 | Referral via GP or social worker | Home - Leicestershire Partnership NHS Trust (leicspart.nhs.uk) |
| 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 | info@mind.org.uk | Home - Mind |

| | | | | |
|--------------------|---------------------------------|---|--|---|
| | | Text 86463 | | |
| 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 (cwmt.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 |

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 Leicestershire (parent partnership) | 0116 3055614 | sendiass@leics.gov.uk | Welcome SENDIASS (sendiassleicestershire.org.uk) |
| All | Action Deafness | 01162533200 | enquiries@actiondeafness.org.uk | Action Deafness |
| All | ADHD Solutions | 01162610711 | info@adhd-solutions.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 |
|-----|--------------|------------|--|------------------------------|

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 |
| 10-18yrs | Jenkins centre | 0116 2540101 | | 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) |
|-----|---------------|-------------|--------------------------------|---|

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 |
|----------|--|---|--|----------------------|

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 0PP | 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/ |
|----------|------------------|--|---|---|

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