

Helena Romanes School Safeguarding

Student resources and support



Document Links

[Safeguarding News](#) - Support with suicidal thoughts

[Who can you ask for help in school](#)

[Sources of support](#)

[Online safety](#)

[Key Stage 5 - Safeguarding when learning to drive](#)

[Mental Health](#)

Safeguarding news - Friday 26th April 2024



Need help? Call our helpline
5pm-midnight, 365 days a year

0800 58 58 58

CALM'S GUIDE TO SUICIDAL THOUGHTS

<https://www.thecalmzone.net/guides/suicidal-thoughts>

WHAT ARE SUICIDAL THOUGHTS?

Suicidal thoughts are thoughts a person has about not wanting to be alive.

They range in intensity, from wondering what it would be like not to be alive, to making an action plan to end their life.

Anyone can have them, and they can be a result of a whole host of different emotions or feelings.

If you're experiencing suicidal thoughts it is important that you tell someone about them and get help.

People experience suicidal thoughts for many reasons – and they can be a result of a combination of things. Anyone can have them, and there is nothing wrong with you if you or the person you care about is experiencing thoughts about taking their own life.

If you or someone you know is experiencing suicidal thoughts it is important that you tell someone about them and get help. You can contact the CALM helpline 0800 585858 between 5pm-midnight or call 999 if you or someone you know is in immediate danger.

People experience suicidal thoughts for lots of reasons.
These can include:

- A major loss, trauma or setback, like losing a loved one, losing a job or experiencing health or financial difficulties, can make it feel like isn't worth living
- Someone close to you attempted to take their own life, or died by suicide
- Past life events, especially if they involve some form of trauma
- Drinking or using drugs heavily
- Challenges around personal identity – like sexuality, or your role within a family
- Feeling upset and angry but don't understand why
- Experience of being bullied or rejected and feeling low or worthless
- Feeling alone and/or lonely
- Experiencing suicidal thoughts for what feels like no reason at all.

No matter how you're feeling, or what situation you're in there's always a way forward – even if it doesn't feel that way right now.

WHERE CAN I FIND HELP?

Talk to CALM from 5pm to midnight everyday.

Professional helpline workers are there to talk and to help you find ways to move forward.

Calls and web chats are free, anonymous, non-judgemental and confidential.

- Outside of these hours, calls the Samaritans on 116 123
- Call NHS 111 (freephone) or 999 if your life is at risk
- Contact your GP for an emergency appointment
- Contact your local mental health crisis team (if you don't know who they are, NHS 111 can help you)
- Papyrus UK
- Samaritans

[Back to top](#)

**Problems outside school?
Worried or Frightened?
Concerned about a friend?**

**ALL STAFF ARE
SAFEGUARDING TRAINED
AND THERE ARE
DESIGNATED STAFF IN
SCHOOL WHO CAN HELP
YOU...**

- You can also speak to:
- Form tutor
 - Head of Year
 - Pastoral Leaders
 - Class teacher
 - Student reception
 - Learning Support Assistants
 - Senior Leadership Team



HRS Safeguarding



Miss Brammer
Deputy Safeguarding Lead
Her office is in E Block,
next to E103, or ask for
her in student reception
or e-mail
worrybox@hrs.education

Mr Emberton
**Assistant Head Teacher
Safeguarding Lead**
His office is in B Block
first floor, B100 or ask
for him in student
reception, or e-mail
worrybox@hrs.education

Who you can ask for help in school:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team
- Email worrybox@hrs.education
- Mr Emberton - Safeguarding Lead
- Mrs Brammer - Deputy Safeguarding Lead

[Back to top](#)

Sources of support for students

If you are experiencing a mental health crisis and need to speak to someone, please call one of the following numbers:

Essex Out of hours Crisis support - 0300 555 1201

Young Minds Crisis Messenger text service (free 24/7 crisis support) - TEXT YM 8528

Samaritans, call for free 24/7, 365 days a year - Call 116113

Childline - Call 0800 111 www.childline.org.uk

- The number won't appear on your phone bill.
- Or you can also visit www.childline.org.uk to speak to a counsellor online.
- ChildLine is a private and confidential service.
- Confidential means not telling anyone else what you've said.
- This means that whatever you say, stays between you and ChildLine.
- They would only need to tell someone else if:
 - You ask them to
 - They believe your life or someone else's life is in immediate danger
 - You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell them that you are seriously harming another young person

Police emergency - 999



I'm worried about exploitation

Looking after my mental health

I need some help

Staying safe online

Children in Care Council

I'm a young carer

<https://www.escb.co.uk/young-people/>

Other sources of support:

The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

The service covers Southend, Essex and Thurrock and is open to young people under the age of 18.

Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

Call SET CAMHS: Freephone 0800 953 0222

Email: SET-CAMHS.referrals@nelft.nhs.uk

NSPCC helpline for potential victims of sexual abuse

- 0800 136 663

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>



I have or think I might have an eating disorder

Suffering with an eating disorder and struggling to cope? Our range of services can help.

<https://www.beateatingdisorders.org.uk/get-information-and-support/services/me/>

I'm caring for someone with an eating disorder

Struggling to know what to do or say? Feeling alone? We're here for support.

<https://www.beateatingdisorders.org.uk/get-information-and-support/services/carers/>



Talk ED is a national, peer-led charity supporting anyone affected by any eating disorder or eating distress. We will meet you wherever you are in your journey, with personalised support.

<https://www.talk-ed.org.uk/>

Safeguarding & online safety for students

Social media safety advice:

- Keep your accounts **private**
- Don't accept friend requests from **people you don't know**
- **Think** about what you post
- Choose your **profile pic** carefully
- **Be careful** what you put in your bio
- Don't give out **personal information** such as where you live or what school you go to
- Be careful what information you give away about yourself in **pictures** you post
- Know how to control your **location settings**
- Don't use social media to **bully, harass or intimidate**
- Know how to **report issues** on the platform you are using

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



Advice from year 12 & 13:

Don't add people you don't know

Block people

Be private

Report something if it's upsetting

Think before clicking on a link - it might be unsafe

Don't copy your friends, if you don't want to do something don't make your decision based on what others may think.

Don't download social media until you are old enough and feel like you can cope with it

Don't give out personal info to strangers

Ignore and block any hateful behaviour

Make sure you know your passwords and try to keep them different for different accounts. Also not easy to guess.

Don't post things you could regret in the future

Never use your real name, block people as soon as they make you feel uncomfortable

If you are messaging somebody about anything private, make sure that you know who they are



Internet matters -

www.internetmatters.org

Online issues such as:

- Fake news and misinformation
- Screentime
- Inappropriate content
- Cyberbullying
- Online reputation
- Online grooming
- Online pornography
- Self harm
- Radicalisation
- Privacy

Advice about setting and controls including:

- Smartphones
- Gaming platforms
- Social media privacy guides

Guides and resources:

- Digital privacy
- Digital resilience toolkit
- Social media guide
- Guide to apps
- Set up safe device checklist

**internet
matters.org**

CEOP



There is a button to **CEOP** on the school website: <https://www.helena-romanes.essex.sch.uk/>

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP

www.ceop.police.uk/safety-centre



Nude image of you online?
We can help take it down.

Report Remove is to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy and free - all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.
- Read more about how to report an image or video.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

To access the Report Remove facility on the childline website please use the link below:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>



Games, quizzes, films and advice to help you get the most out of the internet while staying safe online

<https://saferinternet.org.uk/guide-and-resource/young-people>

childline

ONLINE, ON THE PHONE, ANYTIME

Online safety advice -

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

[Back to top](#)

Key Stage 5

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by older students and their parents in West Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

[Back to top](#)

Mental Health resources for students



**Young Minds Crisis Messenger - 24/7 free support via text.
Text YM to 85258.**

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



**Information about local counselling and advice services -
www.youthaccess.org.uk**



**The Mix. Email support via online contact form. Free 1:1 webchat service available. Free short term counselling service available.
Phone 0808 808 4994. Open 4pm - 11pm 7 days a week.**

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



Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org/>



Online mental health and wellbeing community.

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

Useful mental health Apps for students

SAM - Anxiety management



HeadSpace - Meditation & Sleep



Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.



Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



‘Breethe’ - Meditation/Anxiety



Stay Alive

The Stay Alive app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



#StayAlive