

Safeguarding Key Information and Resources.

During this unprecedented time we have resources below that you can access to support your health and wellbeing.

The Safeguarding Hub is a one stop shop for lots of safeguarding resources.

Safeguarding Hub.

Please click on the link below for safeguarding resources that empower children, young people and all adults supporting them.

<https://www.safeguardingresourcehub.co.uk/>

Health and Wellbeing.

We also have a dedicated Health and Wellbeing page please find the link below to numerous sites you may find useful;

<https://www.archbishopbeck.com/healthwellbeing.php>

Also if you have any concerns you can contact the college via info@beck.uk.com and this will be shared with key staff.

If you are worried about any safeguarding issues you can also contact **Careline on 0151 233 3700.**

Other useful Sites

Resources to Support Families during Social Distancing and Self-Isolation

<http://www.liverpoollearningpartnership.com/resources-to-help-during-social-distancing-and-self-isolation/>

ChildLine.

<https://www.childline.org.uk/toolbox/calm-zone/>

NSPCC.

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

Barnardos

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

Kooth - Free, safe and anonymous online support for young people

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

Coping with Self Harm

<https://www.archbishopbeck.com/docs/Safeguarding/CopingWithSelfHarm.pdf>

On Line Safety.

<https://www.childnet.com/parents-and-carers>

NHS – Stress and Anxiety Helplines

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx>

Mental Illness

<https://www.rethink.org>

Eating Disorders.

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

Epic Friends - This site is all about helping you to help your friends who might be struggling to cope emotionally

<http://epicfriends.co.uk>
