



TDMS Summer Safeschool

Safeguarding Team Contacts;

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Summer Support Guide

We hope the Safeguarding newsletters have been useful to you during the lockdown period. We know for some of you difficulties are ongoing. This newsletter summarises many of the services previously mentioned if needed. We are also sending an email to students directly to signpost them. If you need help and require a referral over the summer please email the Safeguarding Team and we will respond when we can! In case of emergency please contact services directly. An updated Early Help offer will be available on the school website soon. Have a great summer!

Health

Text service for students: Chat Health 07507 331750 9am-4pm Mon to Fri

[Change4Life](#) healthy lifestyles and wellbeing

[NHS Worcestershire Wellbeing Guide](#)

Food Support

Evesham Food Bank: Caring Hands in the Vale (refer through school)

Wallace House (Tue and Fri) 01386 446580 or wallacehouse@btconnect.com

Mental Health Support

Chat Service for students: [Kooth.com](#) Online website chat.

Over 16 : Healthy Minds www.hacw.nhs.uk/about-healthy-minds

Over 18: Evesham Mental Health Services 01386 429454 or www.edmhss.org

Advice and support: [Young Minds](#)

[Headspace](#) app and website

[Cruse Bereavement Care](#) and [Hope Again](#) for bereavement support.

Domestic Abuse

[Safe Lives](#) ending domestic abuse

0808 2000 247

[Women's Aid](#) 0800 980 3331

Men's Advice Line

0808 801 0327

In an emergency always phone 999

Money Worries

[National Debt Line](#)

[Citizens Advice](#) - link to Coronavirus support or go to 13, Port Street

Youth Support

You Turn - Youth activities and coping strategies 07443 515729

Childline 0800 1111

**HERE 2 HELP
WORCESTERSHIRE**



Support from Worcestershire

Request help either through the website or phone 01905 768053
www.worcestershire.gov.uk/here2help Lots of help and advice!

Children First: Social Services referral: 01905 822666