

SAFEGUARDING NEWSLETTER

December 2024

MENTAL HEALTH SUPPORT OVER CHRISTMAS

If you or someone you know needs mental health support during this time, consider reaching out to the following organisations:

- **Samaritans:** Available 24/7 for anyone in distress, offering a safe place to talk. Call 116 123 or visit www.samaritans.org.
- **Mind:** Provides advice and support for anyone experiencing a mental health problem. Visit www.mind.org.uk or call their Infoline on 0300 123 3393.
- **Shout:** A 24/7 text messaging service for anyone in crisis. Text SHOUT to 85258.
- **CALM (Campaign Against Living Miserably):** For anyone feeling down or overwhelmed, particularly focused on suicide prevention. Call 0800 58 58 58 or visit www.thecalmzone.net.
- **NHS Urgent Mental Health Helpline:** Find your local helpline for urgent mental health support by visiting www.nhs.uk/urgent-mental-health-help.

Remember, you are not alone. There is always someone ready to listen and help.



SUPPORT FOR FAMILIES THIS CHRISTMAS

We understand that the festive season can be especially challenging for families facing financial difficulties due to the ongoing cost-of-living crisis. There are several services available to provide support during this time.

Nationally, you can contact Citizens Advice for guidance on managing finances and accessing grants. Locally, within Kirklees, support is available through the Kirklees Council Local Welfare Provision scheme for emergency assistance. Additionally, community hubs and food banks across the area, such as those run by The Welcome Centre and Batley Food Bank, can provide essential supplies and advice.

For more information and a full list of resources, please visit the Kirklees Council website or contact your nearest community hub.

ONLINE SAFETY

The Christmas period is a time where young people may be gifted new digital devices and have more time to spend online. Whilst the digital age we live in presents many amazing opportunities for us, it also presents some challenges regarding safety.

The NSPCC shares some great advice for parents and carers so we can work together to keep our young people safe.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

