



Supporting your Child

If you are worried about the wellbeing of your child or another young person at St Bede's and would like some additional support please do not hesitate to contact their:

Tutor

Head of House

Year 7: r.carmichael@stbcc.org
Seacole: t.turri@stbcc.org
Bell Burnell: d.johnson@stbcc.org
Pasteur: b.sharp@stbcc.org
Descartes: c.johnston@stbcc.org
6th form: l.kirkbright@stbcc.org/
 n.sutton@stbcc.org

Pupil Support

Mrs Knowles: j.knowles@stbcc.org
Mrs Derrick: s.derrick@stbcc.org
Mrs Bartlett: k.bartlett@stbcc.org

1-2-1 Team

Ms D'Arcy: f.darcy@stbcc.org
Mrs Garton: t.garton@stbcc.org
Mr Luke: t.luke@stbcc.org
Mrs Stokes: e.stokes@stbcc.org

Safeguard Team

Ms D'Arcy: f.darcy@stbcc.org
Mr O'Rourke: d.orourke@stbcc.org

Safeguarding

Where?	Who?	How?
Bristol	First Response	0117 9036444
South Gloucestershire	Access Response Team (ART)	01454 866000 Out of hours: 01454 615165
North Somerset	North Somerset Safeguarding Children Board (NSSCB)	01275888808
	Emergency Services	999

Need to talk?

Who?	How?
Samaritans	116 123
Family Lives	0808 800 222
Shout Crisis Text Line	Text 'SHOUT' to 85258
Young Minds	0808 802 5544

Additional Support and Advice:

Support for:	With:	Website:	Phone/email:
Pandemic: COVID	Young Minds	https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/	0808 802 5544
	FamilyLives	https://www.familylives.org.uk/advice/teenagers/health-wellbeing/supporting-your-teens-mental-health-during-the-covid-19-outbreak/	0808800 2222
General wellbeing	The School Health Nursing Team	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-gloucestershire	0300 124 5816
	Young Minds	https://youngminds.org.uk/find-help/for-parents/parents-helpline/	0808 802 5544
Mental Health	Second Step	https://www.second-step.co.uk/	Bristol: 0117 909 6630 North Somerset: 0333 023 3504
Exam Stress	Young Minds	https://youngminds.org.uk/media/3683/exam-time-updated-feb-2020.pdf	0808 802 5544
Online Safety	ThinkUKnow	https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/	
	UK Safer Internet Centre	https://saferinternet.org.uk/advice-centre/parents-and-carers	
Phone Addiction	PMH	https://parentingmentalhealth.com/wp-content/uploads/2020/11/1.-My-child-is-addicted-to-their-phone-what-can-i-do.pdf	info@parentingmentalhealth.com
Gaming	FamilyLives	https://www.familylives.org.uk/advice/teenagers/online/gaming/	0808800 2222
	Young Minds	https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gaming/	0808 802 5544
Social Media	Young Minds	https://youngminds.org.uk/media/3687/online-safety-updated-feb-2020.pdf	0808 802 5544

Sleep Problems	PMH	https://parentingmentalhealth.com/wp-content/uploads/2020/11/8.-My-child-isnt-sleeping.pdf	info@parentingmentalhealth.com
School Anxiety and Refusal	Young Minds	https://youngminds.org.uk/media/3901/supporting-your-child-at-school.pdf	0808 802 5544
Self-esteem	NHS	https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/	
	Young Minds	https://youngminds.org.uk/media/3830/self-esteem-updated-june-2020.pdf	0808 802 5544
Gender Identity	Young Minds	https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/	0808 802 5544
LGBTQ	Strong Family Alliance Mermaids	https://www.strongfamilyalliance.org/parent-guide/helping-your-child/actions-that-help/ https://mermaidsuk.org.uk/parents/	0808 801 0400
ADHD	ADHA Foundation	https://www.adhdfoundation.org.uk/parents/	0151 541 9020
SEND	SCOPE	https://www.scope.org.uk/advice-and-support/support-groups-parents/	0808 800 3333
Autism	National Autistic Society	https://www.autism.org.uk/what-we-do/help-and-support/helpline	0808 800 4104
Depression	NHS	https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-depressed-signs/	
	PMH	https://parentingmentalhealth.com/wp-content/uploads/2020/11/7.-I-think-my-child-is-depressed.-What-do-I-do.pdf	info@parentingmentalhealth.com
Anger Issues	Young Minds	https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/	0808 802 5544
Teen Violence	FamilyLives	https://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home/	0808800 2222

Anxiety	RCPSYCH Yong Minds	https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/	0808 802 5544
Bereavement/ loss	Child Bereavement UK Cruise St Bede's	https://directory.childbereavementuk.org/organisation/the-rainbow-centre-for-children-bristol/ https://www.cruise.org.uk/bristolcruise https://www.stbedescc.org/attachments/download.asp?file=2196&type=pdf	01179853343 0808 808 1677
Divorce or Separation	Yong Minds	https://youngminds.org.uk/media/3679/divorce-separation-updated-dec-2019.pdf	0808 802 5544
YP impacted by their sibling's mental health issues	PMH	https://parentingmentalhealth.com/wp-content/uploads/2020/11/9.-My-well-child-is-struggling-because-of-their-siblings-mental-health-issues-.pdf	info@parentingmentalhealth.com
Young Carers	Carers Support Centre	https://www.carerssupportcentre.org.uk/	0117 965 2200
Racism	NSPCC	https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/	0808 800 5000
Crisis	MindEd CAMHS	https://mindedforfamilies.org.uk/Content/what_to_do_in_a_crisis_self-harm/course/assets/b4006664a976a8291f840e9e302fbbc870c28a88.pdf	minded@rcpsych.ac.uk 0800 9531919
Trauma	Yong Minds	https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-trauma/	0808 802 5544

Self-harm	Yong Minds	https://youngminds.org.uk/media/3691/self-harm-updated-dec-2019.pdf	0808 802 5544
Suicidal Thoughts	CAMHS	https://cchp.nhs.uk/cchp/explore-cchp/child-family-consultation-services-camhs-0	0800 9531919
	Young Minds	https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-suicidal-thoughts/	0808 802 5544
Drugs	Bristol Drugs Project	https://www.bdp.org.uk/	0117 9876000
	Talk to Frank	https://www.talktofrank.com/get-help/worried-about-a-child	0300 123 6600
Eating Disorder	ABC	https://www.anorexiabulimiacare.org.uk/family-and-friends	03000111213
	Beat Eating Disorders	https://www.beateatingdisorders.org.uk/uploads/documents/2020/2/beat-carers-booklet-1.pdf	0808 801 0711
Housing Support	In Hope	https://inhope.uk/	0117 330 1230
	Centre Point	https://centrepoin.org.uk/	0808 800 0661
	Shelter	https://england.shelter.org.uk/housing_advice/housing_for_young_people	0808800 4444
Supporting Families in Poverty	Barnardos	https://www.barnardos.org.uk/	
Abuse	Young Minds	https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-abuse/	0808 802 5544 0808 800 5000

	NSPCC	www.nspcc.org.uk	
Domestic Violence	Refuge Men's Advice Line	refuge.org.uk	0808 200 0247 0808 8010327
FGM	Daughters of Fire	http://www.dofeve.org/	
Child Exploitation	PACE	https://paceuk.info/	0113 240 3040
Extremism	Educate Against Hate	https://educateagainsthate.com/parents/	

Counselling support:	Website:	Phone:
Information regarding counselling services	https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-counselling-services/	
Kooth	https://www.kooth.com/	
Off The Record	https://www.otrbristol.org.uk/	0808 808 9120
Childline	https://www.childline.org.uk/	0800 1111
The Mix	https://www.themix.org.uk/	0808 808 4994
LOTTY	https://www.lpw.org.uk/CONTACT/	07786 20 2040
Mee Too	https://www.meetoo.help/	
The Bridge Foundation	https://www.bridgefoundation.org.uk/	0117 842 4510