



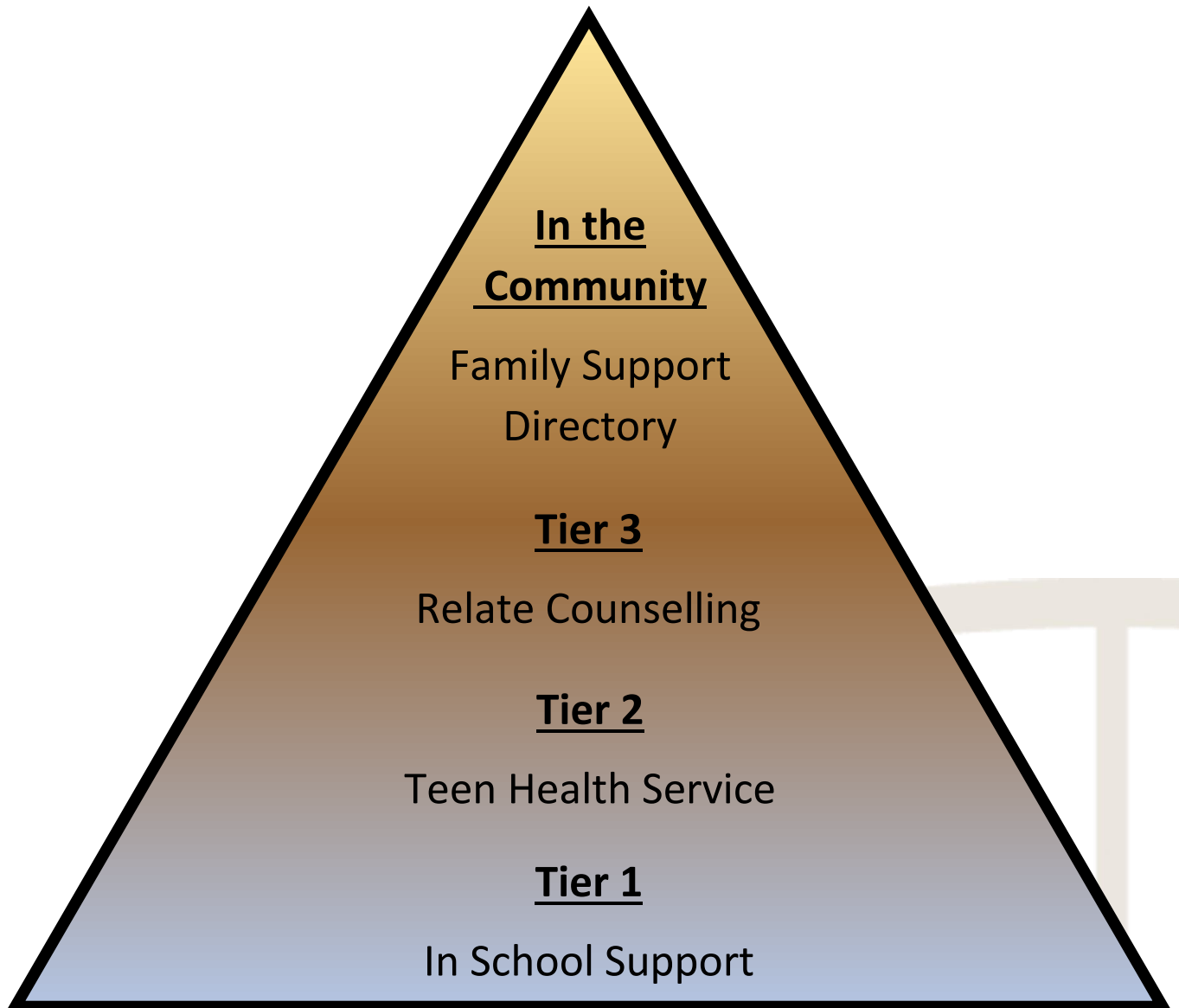
The Hinckley  
SCHOOL

# Mental Health Offer & Family Support Directory

Mrs K Priestnall, DSL  
(Director of Safeguarding & Student Well-Being)

**Mental Health Offer Tiers at The Hinckley School:**

Here at The Hinckley School, our extensive Mental Health Offer provides support through a three-tier programme, engaging with internal parties and external agencies to best support our young people and families.



## **Tier 1**

In school support :

1. Speak to your Form Tutor. This person is your in school 'parent' and can offer good support and advice and signposting where necessary.
2. Pastoral Leaders – there is one dedicated Pastoral Leader for every year group. This person can offer a good bespoke support package and further signpost where necessary.
3. Year Leaders – there is one Year Leader for every year group and they are there to offer further good help and advice.
4. Mental Health First Aider – there is a qualified MHFA in school. Their role is to support immediate mental health needs and work with individuals to offer a tailored support.
5. The Safeguarding Team – There are 2 dedicated full-time members of staff to support the daily safeguarding concerns which arise.
6. Special Educational needs Coordinator – There is a full time SENCO in school to support any student with special educational needs.
7. Staff training – Staff receive regular training and updates on mental health issues from the Designated Safeguarding Lead who is a qualified NSPCC trainer

## Tier 2

### Teen Health

#### [Teen Health 11-19 Service - Leicestershire and Rutland](#)

Teen Health is a team of caring and dedicated Health and Wellbeing Officers who work across Leicestershire and Rutland to provide health and emotional wellbeing advice and support. We focus on young people of secondary school age and above, working hand in hand with you either at your secondary school or within your local community.

Teen Health can help you with a range of different issues

- Well being
- Problems with friendships
- Sexual health advice
- Supporting you to access to contraception and testing
- Boosting confidence and self-esteem
- Coping with starting a new school
- Building positive relationships
- Dealing with exam stress
- Accessing support for physical health
- Receiving advice on drugs and alcohol
- Overcoming feelings of sadness or worry
- Staying healthy and safe

For a referral to the Teen health Service please speak to your pastoral leader or come and see the safeguarding team.

Parents and students can also refer via this link: [Teen health referral form](#) Teen Health works with all students including those with disabilities and special educational needs.

#### NHS Leicester, Leicestershire and Rutland Talking Therapies 16 to years 18+

This therapy service is available to our 6<sup>th</sup> formers and they can refer themselves, parents can refer or school can refer. They provide a range of evidence based talking therapies and new ways of coping to help a young person/young adult manage their mood. This service can be provided by phone, secure video, text or in person. If school are to make the referral please see Mrs P Tomkins in the 6<sup>th</sup> form pastoral office or email:

[ptomkins@thehinckleyschool.co.uk](mailto:ptomkins@thehinckleyschool.co.uk)

To self refer Text 'YOU' to 88802 or scan the QR code on the right.



**NHS**

**Are you experiencing:**



**Excessive worry**

**Scan to self-refer**



## Tier 3

### Relate Counselling

Relate counsellors attend The Hinckley School two days per week, with one counsellor dedicated to sixth form and the other to KS3 and KS4.

Referrals for relate counselling are completed and triaged within the school. Counselling gives young people an opportunity to talk about concerns they have. Relate counsellors offer a non-judgemental place where they will listen, and try to help the young person express, understand and work through difficult feelings. The relate counsellors provide a one to one confidential service, and will not share with anyone else what the young person has disclosed unless they are at risk of serious harm.

Requests for a referral for the 6<sup>th</sup> form counsellor are made via the pastoral leader Mrs Paula Tomkins, call in and see Mrs Tompkins or email on [ptomkins@thehinckleyschool.co.uk](mailto:ptomkins@thehinckleyschool.co.uk)

Requests for a referrals for KS3 and KS4 are made via the pastoral leaders for each year group.

Any parent wishing to contact the safeguarding team directly about a counselling referral can do so on: [dsl@thehinckleyschool.co.uk](mailto:dsl@thehinckleyschool.co.uk)

## In the community

### **County Council Local Area Coordinators**

Local area coordinators exist in all the boroughs to support families to improve health and well-being. They do not work directly with children but they will be able to support families with accessing what help is available in their area. The Area Coordinators work with people who are isolated, lonely, have housing or mobility issues and they have strong links with the foodbanks.

The aim of the Local Area Coordinator is to reduce demand on public services by supporting people before they reach crisis point and empowering people to take control of their own lives and choices. They work closely with social care and GP surgeries and at The Hinckley School we have forged a strong link with the Hinckley and Bosworth team leader to better able to distribute to our families the support that is on offer.

### **Contact details for Local Area Coordinators**

Hinckley & Bosworth Team Leader –

John Coghlan Area Team member **Newbold Verdon, Desford, Botcheston and Thornton** Contact details John Coghlan 07943 026977 [john.coghlan@leics.gov.uk](mailto:john.coghlan@leics.gov.uk)

**Hinckley Town** Jayne Boothby 0752 692 7342 [Jayne.boothby@leics.gov.uk](mailto:Jayne.boothby@leics.gov.uk)

**Barwell and Earl Shilton** Christy Waring 07947 949721 [Christy.Waring@leics.gov.uk](mailto:Christy.Waring@leics.gov.uk)

**Burbage** Rachel Ball 07736 632371 [Rachel.ball2@leics.gov.uk](mailto:Rachel.ball2@leics.gov.uk)

<https://www.leicestershirecommunities.org.uk/csi/local-area-coordination?parts=>

## Support Directory

**Below is a comprehensive directory of services from the Local Authority covering special educational needs, mental health and self-harm, teenage pregnancy and other key support services in the community including details of the local foodbanks.**

### Mental Health and Self Harm

Up to 18 yrs	NHS self referral for mental Health	See link	Young people can access information or self refer using My Self Referral	<a href="https://myselfreferral-llr.nhs.uk">My Self Referral • Leicester, Leicestershire and Rutland (myselfreferral-llr.nhs.uk)</a>
Up to 18yrs	CAMHS Child and adolescent mental health service	0116 2951350 0808 800 3302	Referral via GP or social worker	<a href="https://leicspart.nhs.uk">Home - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)</a>

All	NHS Central Access Point (CAP)	0808 800 3302	24/7 mental health support, no referral criteria	<a href="https://leicspart.nhs.uk">Mental Health Central Access Point - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)</a>
0-25 years	Heads Up – support for families through life’s challenges	0116 223 4254	Free support for children and families and young parents in the following areas: Support during pregnancy Support for parents or carers of babies/toddlers Support for young people Support for parents/carers of children/Teens	<a href="#">Heads up Website and referral form</a>
Leicestershire	Rethink	08088010525	Via website	<a href="#">We are Rethink Mental Illness</a>
All	Young minds parent helpline	08088025544	Via website	<a href="#">YoungMinds Mental Health Charity For Children And Young People YoungMinds</a>
All	Childline	080011111		<a href="#">Childline   Childline</a>
All	Talk-ed (formerly ABC)	<a href="#">Get in touch</a>	Eating disorder support, anyone can make a referral	<a href="http://talk-ed.org.uk">home - TalkED (talk-ed.org.uk)</a>
Over 18	Mind	0300 1233393 Text 86463	info@mind.org.uk	<a href="#">Home - Mind</a>
All	HOPELine 247	08000684141	<a href="http://www.papyrus-uk.org/hopelink">www.papyrus-uk.org/hopelink</a>	Suicide prevention support
All	Harmless (Self-harm charity)	01158800280	<a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>	<a href="#">Home - Harmless</a>
All	Charlie Waller Memorial Trust	01635869754	<a href="http://www.charliewaller.org">www.charliewaller.org</a> mental health support	<a href="http://cwmt.org.uk">Charlie Waller Trust, mental health charity (cwmt.org.uk)</a>
Teenagers	NHS Health for teens		<a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a> see Tier 2	Also in school weekly and have a thursday lunchtime drop in
All	Heads together	116 123 is available to call 24 hrs a day for support		<a href="#">Heads Together   Join the conversation   Mental Health</a>
All	SHOUT	Text 85258	<a href="https://giveusashout.org">https://giveusashout.org</a> free and confidential crisis text service anytime day or night	
Young people 11-18	TellMi Previously Kooth		Tellmi is an early digital mental health service for anyone over the age of 11 that is available across Leicester, Leicestershire and Rutland free of charge. You can visit the <a href="#">Tellmi</a> website or download the app from your phone’s app store. Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with an online community helps you to feel better.	<a href="#">Tellmi</a> website

All	Turning Point	03303036000	Free and confidential support for people with drug or alcohol issues, mental health concerns or learning disabilities.	<a href="http://turning-point.co.uk">Turning Point   Health &amp; Wellbeing (turning-point.co.uk)</a>
18 +	Leicestershire Recovery College	0116 295 1196/ 07387532156	Free courses including mindfulness, humour for recovery, Time to Talk, Writing for Self expression. Sign up to their mailing list if interested.	<a href="http://Leicestershire Recovery College">Leicestershire Recovery College</a> <a href="mailto:LPT.Recoverycollege@nhs.net">LPT.Recoverycollege@nhs.net</a>

### Disabilities and Special Educational Needs

Families	Family Action	01162574979	<a href="http://www.family-action.org.uk">www.family-action.org.uk</a>	<a href="http://Family Action, Building stronger families (family-action.org.uk)">Family Action, Building stronger families (family-action.org.uk)</a>
Parents	SENDIASS Leicestershire (parent partnership)	0116 3055614	<a href="mailto:sendiass@leics.gov.uk">sendiass@leics.gov.uk</a>	<a href="http://Welcome   SENDIASS (sendiassleicestershire.org.uk)">Welcome   SENDIASS (sendiassleicestershire.org.uk)</a>
All	Action Deafness	01162533200	<a href="mailto:enquiries@actiondeafness.org.uk">enquiries@actiondeafness.org.uk</a>	<a href="http://Action Deafness">Action Deafness</a>
All	ADHD Solutions	01162610711	<a href="mailto:info@adhd-solutions.org">info@adhd-solutions.org</a>	<a href="http://Adhd   ADHD Solutions   England">Adhd   ADHD Solutions   England</a>
All	Leicestershire Autistic Society	01162916958	<a href="mailto:Leicestershireautisticsociety@gmail.com">Leicestershireautisticsociety@gmail.com</a>	<a href="http://Leicestershire Autistic Society – Leicestershire Autistic Society">Leicestershire Autistic Society – Leicestershire Autistic Society</a>
All	SEN Advice Line	01163056600	<a href="mailto:senaservice@leics.gov.uk">senaservice@leics.gov.uk</a>	
5-25	Tanglewood	07896345409		
All	IPSEA	<a href="http://Advice Line">Advice Line</a>	<a href="http://www.ipsea.org.uk">www.ipsea.org.uk</a>	<a href="http://(IPSEA) Independent Provider of Special Education Advice">(IPSEA) Independent Provider of Special Education Advice</a>

### Teenage Pregnancy

All	Family Lives	0808800222	<a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>	<a href="http://family lives">family lives</a>
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### Family Bereavement

All	Child Bereavement UK	08000288840	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a>	<a href="http://Child Bereavement UK">Child Bereavement UK</a>
All	The Laura Centre	01162544341	<a href="mailto:info@thelauracentre.org.uk">info@thelauracentre.org.uk</a>	<a href="http://Home - The Laura Centre">Home - The Laura Centre</a>
3-18	Winston's Wish	08088020021	<a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a>	<a href="http://Winston's Wish - giving hope to grieving children (winstonswish.org)">Winston's Wish - giving hope to grieving children (winstonswish.org)</a>
All	Cruse Bereavement Care	08088081677	See website	<a href="http://Home - Cruse Bereavement Support">Home - Cruse Bereavement Support</a>
Under 18	Cruse Bereavement Centre (Young People)	01162884119	<a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a>	<a href="http://Home - Cruse Bereavement Support">Home - Cruse Bereavement Support</a>



## Domestic and Sexual Abuse

All	Women's Aid Leicestershire	DV Helpline 08088020028 0116 2832225 0808 2000247 (24 hours)	admin@wallaction.org.uk	<a href="#">Coming Soon – Womens Aid Leicester (wa-leicester.org.uk)</a>
All	Living Without Abuse	08088020028		<a href="#">LWA   lwa.org.uk   Domestic abuse and sexual violence charity : LWA</a>
All	Jenkins centre	0116 2540101	Interventions and counselling for young people and their families.	<a href="https://www.jenkinscentre.org/">https://www.jenkinscentre.org/</a>
Children who have experienced abuse	FreeVA	08088020028	info@uava.org.uk	<a href="#">FreeVA Support – Free from Violence &amp; Abuse</a>
18+	Juniper Lodge Sexual Assault Referral Centre	01162733330	Juniper.lodge@leicestershire.pnn.police.uk	<a href="#">JL – JL (juniperlodge.org.uk)</a>
All	StopItNow!	08081000900	help@stopitnow.org.uk	<a href="#">Stop It Now! UK and Ireland   Preventing child sexual abuse</a>
All	Blaby District Outreach Service	01162727637	Domestic.abuse@blaby.gov.uk	
Men 13+	First Step	01162548535 (If there is no answer, can text to request a call back)	contact@firststepleicester.org.uk	<a href="#">First Step</a>
Women/ girls 14+	Jasmine House Leicester Rape Crisis	01162555962 08085002222		<a href="#">Jasmine House - Leicester Rape Crisis at Jasmine House</a>
Women 16+	Quetzal	03331014280	help@quetzal.org.uk	<a href="#">Quetzal - Free Counselling for Women who have experienced Childhood Sexual Abuse</a>
5-18	Family Action Post Sexual Abuse	01162168334	leicester@family-action.org.uk	<a href="#">Family Action, Building stronger families (family-action.org.uk)</a>
4-18	Blaby Children's Support Worker	01162727734	community-safety@blaby.gov.uk	<a href="#">Home – Blaby District Council</a>
5-18	Children's Support Service	01455255784	Hinckley and Bosworth Borough Council	<a href="mailto:childrens.support@hinckley-bosworth.gov.uk">childrens.support@hinckley-bosworth.gov.uk</a>

## Counselling and Mediation

0-19	Children's Support Service	01162727734	Community.safety@blaby.gov.uk	<a href="#">Home – Blaby District Council</a>
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10+	Relate (1 to 1 Support, 8+ group work, early intervention)	01162543011	<a href="mailto:reception@rllr.org.uk">reception@rllr.org.uk</a> also available in school see Tier 3	<a href="#">Relate Leicestershire Counselling Couples, counselling individuals, relationship counselling, young people's counselling, family counselling, sex therapy and training courses</a>
10-19	Twenty Twenty Love4Life	01509236144	Love4Life@twentytwenty.org.uk	<a href="#">About Love4Life (twentytwenty.org.uk)</a>
13+	The Centre (LGBT)	01162547412	info@leicesterlgbtcentre.org	<a href="#">Leicester LGBT Centre</a>
Adults	The Leicester Counselling Centre	01162558801	admin@leicscounselling.co.uk	<a href="#">The Leicester Counselling Centre</a>
Families	The Laura Centre	01162544341	info@thelauracentre.org.uk	<a href="#">Home - The Laura Centre</a>

### Drug and Alcohol Misuse

All	Turning Point	03303036000	Llreferrals@turningpoint.co.uk	<a href="#">Wellbeing Cloud   Turning Point (turning-point.co.uk)</a>
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### Carers

Up to 18	Young Carers	Speak to safeguarding team	Support through Early Help LLC	<a href="#">Barnadoes Young carers</a>
Over 18	VASL		01858433232	Voluntary action south Leics <a href="#">Website</a>

### Online safety

Up to 18	Child Exploitation and Online Protection	Self-refer for support online or to report online abuse or concerns	www.ceop.police.uk	<a href="#">CEOP</a>
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### Local Foodbanks

Over 18	The Trussell Trust. In several locations across Hinckley, Barwell & Earl Shilton	01455 697390	Referral from school (K Priestnall) or GP, Social Worker, or Social Subscriber	<a href="#">Website Locations</a>
Over 18	Hinckley Community Fridge	Hinckley Children and family Well being centre, Granville Road, Hinckley LE10 0PP	Open to the public Tuesday & Thursdays 10am -11am Wednesday 11am – 12 Thursday 10am – 11am No voucher necessary	<a href="#">Hinckley Community Fridge</a>

Over 18	Feed The Hungry UK	08085834333	<a href="#">Obtain foodbank voucher</a>	<a href="#">Website</a>
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### The Hygiene Bank

Families	The Hygiene Bank	Referral via school for basic hygiene products	Speak to the safeguarding team at The Hinckley School	<a href="https://thehygienebank.com/">https://thehygienebank.com/</a>
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### Household Support Fund

Adults wanting a referral to the Household Support Fund and are Leicestershire Resident please contact a professional such as; Registered Charity and Voluntary Sector, Schools and Education Settings, Food Banks, Care Organisations, Adult Social Care, Children’s Services or Local and District Councils. The link for the scheme can be found here: <https://www.leicestershire.gov.uk/adult-social-care-and-health/assessment-and-eligibility-for-care-and-support/household-support-fund>

[Householdsupportfund@leics.gov.uk](mailto:Householdsupportfund@leics.gov.uk)

If you are not a Leicestershire Resident please contact your local council for a referral. Leicester City’s scheme is here: <https://www.leicester.gov.uk/your-community/benefits-and-other-support/household-support-fund/>

### Hinckley and Bosworth Borough Council

Please see below the Cost of Living information; [Cost of living support | Hinckley & Bosworth Borough Council \(hinckley-bosworth.gov.uk\)](#)

*Many residents are currently struggling with rising living costs. That's why it's important to know what help and support is available now that could benefit you, a relative, friend or neighbour.*

*Petrol, food, energy and other bills are all rising, and we know many people are worried about how they are going to make ends meet.*

*If you're struggling to manage, we can offer a range of advice and support so you can find the help you need and are entitled to.*

Our Ukrainian contact here at Hinckley & Bosworth Borough Council is Eugene Moroi; [ukraine@hinckley-bosworth.gov.uk](mailto:ukraine@hinckley-bosworth.gov.uk)

#### Ukrainian Support Groups

*There are several support groups emerging across the district, that have been set up by volunteers. These groups are a great opportunity for sponsors and their guests to meet others who are in similar situations and share information and experiences.*

*Please see date & time of meeting;*

- *Hinckley: Pathways Centre, Baptist Walk, Hinckley LE10 1PR. Every Friday, 10am to 11.30am*

### **Healing together information**

*Hinckley and Bosworth Borough Council are delivering the 'Healing Together' programme for children/young people aged 5-16 who have been impacted by domestic abuse. The programme helps children/young people learn about how their body and brain can work together to help them feel safe and calm (more information is on the attached leaflet). Healing Together is a 6 session trauma informed programme that enables children/young people to access early intervention by people they trust, and in a space they feel safe.*

*If you have been/are in contact with a family who are Hinckley and Bosworth residents, where a child/young person has been impacted by domestic abuse please fill out the referral form attached and send it to [childrens.support@hinckley-bosworth.gov.uk](mailto:childrens.support@hinckley-bosworth.gov.uk)*

