

Parkside Community School PSHE Family Support



Introduction

Here at Parkside Community School, we are committed to supporting every young person to achieve, belong and thrive. As part of this commitment, we know that students and families sometimes face challenges—whether connected to mental wellbeing, bereavement, healthy routines, friendships, online pressures, or concerns about risky behaviours such as underage drinking. This booklet has been created to offer practical guidance, reassurance, and clear signposting to expert organisations and charities that can provide additional help whenever it is needed.

We place a strong emphasis on the importance of pupils' personal development and wellbeing, recognising that young people flourish when they feel supported, emotionally secure and confident in managing the challenges of growing up. We recognise the need for schools to provide coherent opportunities that help students build resilience, confidence, independence and a strong sense of voice, while ensuring effective systems for mental and emotional support and safeguarding are in place.

The Parkside PSHE curriculum, shaped by national guidance and best practice from the PSHE Association, is carefully designed to equip students with the knowledge, skills and confidence they need to make safe, informed and healthy choices. High-quality PSHE education helps prepare young people for life's opportunities and challenges, supporting their mental health, relationships, and decision-making.

However, we recognise that meaningful support extends beyond the classroom. While students already receive detailed, age-appropriate teaching through PSHE, this booklet aims to offer additional help for both students and families. Inside, you'll find trusted links to organisations specialising in mental health, bereavement support, substance misuse, emotional wellbeing, and other important areas relevant to growing up safely and confidently.

Above all, we want every student to know that they are never alone. **Our safeguarding team is always here to help, and we encourage any young person who is worried or unsure about something, no matter how small, to speak to a trusted adult in school.** Students can also use the Red Button if they need immediate support or want to raise a concern discreetly.

Together, with the partnership of families and the expertise of the organisations shared in this booklet, we will continue to nurture a safe, supportive and empowering environment in which all our young people can thrive

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Links to Support

Quick Help (24/7 Emergency Support)

Childline (Under 19s) — free, confidential support via phone, online chat, email and message boards.

Call 0800 1111 or visit <https://www.childline.org.uk>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Shout 85258 — free text support for anyone struggling to cope.

Text SHOUT to 85258 or visit <https://giveusashout.org>

shout
85258

PAPYRUS HOPELINE247 (Under 35) — suicide prevention support for young people and families.

0800 068 4141, text 88247, or visit <https://www.papyrus-uk.org>

NHS Urgent Mental Health Support — guidance on getting immediate help.

<https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support>

Mental Health & Wellbeing

NHS

NHS – Children and Young People’s Mental Health
Advice, urgent help and guidance for parents/carers.

<https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support>

YoungMinds — guides for young people & a Parents Helpline (0808 802 5544).

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

Parent Helpline page: <https://www.youngminds.org.uk/parent/parents-helpline>

YOUNGMINDS

Mind (For Young People) – coping with feelings, CAMHS, self-help and more.

<https://www.mind.org.uk/for-young-people>

mind

Mental Health UK – Bloom / Your Resilience

For ages 14–18: resilience, money & mental health, transitions.

<https://mentalhealth-uk.org/support-and-services/supporting-young-people>

Links to Support

Mental Health & Wellbeing

Recommended Mental Health Apps

Calm Harm (manage self-harm urges) <https://calmharm.stem4.org.uk>

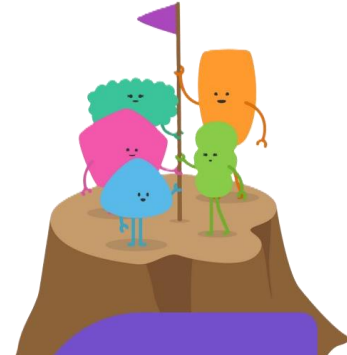
Clear Fear (manage anxiety) <https://clearfear.stem4.org.uk>

Move Mood (low mood support) <https://movemood.stem4.org.uk>

Combined Minds (help someone else) <https://combinedminds.stem4.org.uk>

Worth Warrior (body image support) <https://worthwarrior.stem4.org.uk>

All from stem4, available on Apple/Android.



stem4 is a charity that promotes **positive mental health** in young people and those who support them through the provision of **mental health education, resilience strategies** and **early intervention**.

Self Harm and suicide prevention

Harmless — national centre for self-harm and suicide prevention. <https://harmless.org.uk>

Papyrus: Support surrounding suicidal ideation in young people - <https://www.papyrus-uk.org>

Families and Parenting

YoungMinds — Parents Helpline
0808 802 5544, expert advice for any mental health worry.
<https://www.youngminds.org.uk/parent/parents-helpline>

NSPCC Advice for Families — behaviour, emotions, safety, bereavement.
<https://www.nspcc.org.uk/parents>

Barnardo's — mental health, young carers, LGBT+ support, homelessness prevention.
<https://www.barnardos.org.uk/get-support/support-for-young-people>

Healios: Mental health, Autism, and ADHD service - <https://healios.org.uk>

Youth Support Trust: Support via sports and play - <https://www.youthsporttrust.org>

NHS advice for parents
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>



NSPCC

Links to Support

Sleep & Healthy Routines

NHS Sleep Tips for Teens

Screen habits, routine building, when to seek support.

<https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support>

Speak to a GP if sleep problems persist.

LGBT+ Support



Derbyshire LGBT+ — local support, listening service, youth groups (contact required for confidentiality).

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

Barnardo's Positive Identities Service — LGBT+ youth support in some regions.

<https://positiveidentities.org.uk/support-for-young-people>

Eating Difficulties

Beat Eating Disorders (UK)

Helplines: 0808 801 0677

Helpfinder, webchat and carer support.

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

First Steps ED (Derbyshire & UK online)

Early intervention, therapy, befriending.

<https://firststepsed.co.uk>



Derbyshire Healthcare NHS — Eating Disorder Services

<https://www.derbyshirehealthcareft.nhs.uk/services/eating-disorders>

Bereavement and Loss

Child Bereavement UK

Helpline 0800 02 888 40, resources for children and families.

<https://www.childbereavementuk.org>

Winston's Wish

Free grief support via phone, chat, email & WhatsApp (8am–8pm).

<https://winstonswish.org>

Childhood Bereavement Network

National hub of local services and school resources.

<https://childhoodbereavementnetwork.org.uk>



Links to Support

Bereavement and Loss

NHS: Children & Bereavement
Practical guidance for parents.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-and-bereavement>

Alcohol

The logo for Drinkaware, featuring the word "drinkaware" in a bold, blue, sans-serif font. The letter "i" in "drink" has a red dot above it.

Drinkaware – Underage Drinking
Risks, the law, and conversation guides for parents.

<https://www.drinkaware.co.uk/advice-and-support/underage-drinking>

Drug Use & Substance Safety

The logo for FRANK, featuring the word "FRANK" in a bold, blue, sans-serif font. Each letter is filled with a grid of white dots, giving it a digital or pixelated appearance.

FRANK (Talk to Frank)
24/7 advice, facts, harm reduction, A–Z of drugs.

<https://www.talktofrank.com>

Online Safety & Reporting

CEOP Safety Centre — report online grooming/abuse.

<https://www.ceop.police.uk/safety-centre>

Thinkuknow / CEOP Education — age-specific online safety advice.

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



NSPCC: Online Reporting & 'Report Remove' — remove harmful images of under-18s.

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

Childline — online safety, bullying support, chat.

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

Uk Safer Internet centre

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

Sexual Health & Relationships

NHS: Find a Sexual Health Clinic — free, confidential GUM/SRH services.

<https://www.nhs.uk/nhs-services/sexual-health-services/find-a-sexual-health-clinic>

Brook (Under 25s) — clinics, contraception, STI info, healthy relationships education.

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

Links to Support

Misogyny

Betterhelp overview and guide to overcome misogynistic behaviour
<https://www.betterhelp.com/advice/general/an-overview-of-misogyny>



SEND, Neurodiversity & Online Clinical Support

Healios (NHS-linked) — online autism/ADHD assessments and mental health support (NHS referral required).
<https://healios.org.uk>

Talk to our SENDCo for Derbyshire SENDIASS and statutory guidance.

Anxiety and panic attacks

Mind: advice on anxiety and panic attacks
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety>

NHS advice
<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>

Young minds guide for parents
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

Compass



WHO WE ARE

Derbyshire Mental Health
Support Team

WHAT WE DO

Offer the right low intensity mental health support at the right time to children and young people age 5-18* within schools and colleges. We also work with parents/carers to provide support for their young people.

WE CAN HELP WITH MANAGING:

- Strong emotions
- Anxiety
- Challenging behaviours
- Relationships
- Exam stress
- Low mood
- Difficulties with managing change



HOW WE DO IT

- Networking and navigation
- Whole school approach
- Evidence based interventions

*up to 25 years old for care leavers and Special Education Needs or Disability



01332 315569



changinglives@compass-uk.org



@compassclmhst



Safeguarding Team

We are here to support you with any challenges including...

- Keeping you safe
- Accessing Learning
- Self-discipline
- Mental Health and Wellbeing
- Relationships with others
- Staying Safe Online
- Self-identity



Who to talk to if you need support...



Mr Mills
Deputy Headteacher
Designated
Safeguarding Lead



Ms Michell
Early Help & Deputy
Safeguarding Lead



Ms Browes
Assistant Pastoral
Manager



Ms Bover
Assistant head
teacher for
Student Culture



Ms Welsh
Senior Leader for
Student Behaviour
& Attitudes



Mr Fletcher
Pastoral Manager



Ms Beardsmore
Community support
and Early Help

Parkside Support Centre Staff
All other Parkside Staff
Email Reporting

If you don't feel like you can talk to anybody, please email:
safeguarding@parkside.derbyshire.sch.uk