

The summer break from school can be daunting, but there is help out there. Below are some links and suggested places to look.

**Anxiety UK: Support for those suffering with anxiety.** Helpline – 03444 775 774 / text service – 07537 416905/ Email – [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**Bullying UK (part of family lives)** Helpline – 0808 800 2222/ Online forum – [www.familylives.org.uk](http://www.familylives.org.uk)

**Childline: Any issue children/ young people are facing** Helpline – 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk) 1-2-1 counsellor chat

**National Bullying Helpline: Advice and support for parents and young people** 0845 2255 787

**No Panic: Support for those who have panic attacks**

Youth Helpline - 0330 606 1174 / Email - [info@nopic.org.uk](mailto:info@nopic.org.uk)

**Young minds: Mental health and wellbeing support** <https://youngminds.org.uk/> Crisis messenger – Text YM to 85258

**Oxfordshire CAMHS:** <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

**School Health Nursing** [SHN.oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.oxfordshire@oxfordhealth.nhs.uk) or mobile 07769 235 149

**MHST videos and resources:** <https://www.response.org.uk/mental-health-support-team-podcasts-videos/>

**Oxfordshire Multiagency Safeguarding Hub (MASH)** -To raise nay safeguarding concerns 0345 050 766

**In a crisis**

For 24/7 support within Oxfordshire for Mental Health please call **111**.



Text **YM to 85258** for free mental health crisis support, any time of the day.

**Education Covid (OCC): Schools contact in relation to Covid-19 -**  
[Educationcovid19@Oxfordshire.gov.uk](mailto:Educationcovid19@Oxfordshire.gov.uk)

**Early Help and the Locality Community Support Service (LCSS) -**

| Name         | Contact           | Email  |
|--------------|-------------------|--|
| LCSS North   | Tel: 0345 2412703 | <a href="mailto:LCSS.North@oxfordshire.gov.uk">LCSS.North@oxfordshire.gov.uk</a>     |
| LCSS Central | Tel: 0345 2412705 | <a href="mailto:LCSS.Central@oxfordshire.gov.uk">LCSS.Central@oxfordshire.gov.uk</a> |
| LCSS South   | Tel: 0345 2412608 | <a href="mailto:LCSS.South@oxfordshire.gov.uk">LCSS.South@oxfordshire.gov.uk</a>     |

**Special Educational Needs and Disabilities – Central:**

Tel: 01865 815275

Email: [SENCentralTeam@oxfordshire.gov.uk](mailto:SENCentralTeam@oxfordshire.gov.uk)

**North**

Tel: 01865 816681

Email: [SENNorthTeam@oxfordshire.gov.uk](mailto:SENNorthTeam@oxfordshire.gov.uk)

**South**

Tel: 01865 815354

Email: [SENSouthTeam@oxfordshire.gov.uk](mailto:SENSouthTeam@oxfordshire.gov.uk)