



PARENT AND FAMILY HALF-TERM SUPPORT

All the staff at Laleham Gap wish your family an enjoyable Half-Term Break.

If you have any **NON-URGENT safeguarding concerns, queries, or requests for advice** during the holiday period, please email: DSL@lgs.kent.sch.uk. This address is checked periodically.

Please be aware that all teaching and support staff will be on holiday and are being encouraged to rest and recharge. As a result, staff are unlikely to be able to respond to emails and will not be able to act on urgent concerns or requests during this period.

If you are concerned about the **immediate safety of a child or young person**, please follow Kent County Council guidance:

Call: 03000 41 11 11 - Text Relay: 18001 03000 41 11 11

You can also e-mail social.services@kent.gov.uk if you do not require an immediate response.

If you need to contact KCC **outside of normal office hours**, including overnight, please call the out of hours service on: **03000 41 91 91**

EARLY HELP

We provide a range of services to meet the educational, social and emotional needs of children, young people and families in Kent through our partner organisations. For example, we can offer support if:

- you are worried about your child's behaviour
- you are struggling to cope
- you are worried about your family finances
- your child is struggling to cope with bereavement your child is being bullied
- your child refuses to go to school or college
- you or your child want to develop new friends and have new experiences
- you are having difficulties with family relationships.

03000 41 41 41

www.kent.gov.uk/earlyhelp



**IF YOU ARE EVER
CONCERNED THAT
A CHILD IS AT
IMMEDIATE RISK
OF HARM
CALL 999**

CHARITY AND AGENCY SUPPORT

Below are external services that can offer support with **anxiety, mental health, stress, and more complex needs**. You can also contact the NHS on **111 Option 2**.

Agencies Accepting Referrals for Mental Health Support

Parents can self-refer to both the Single Point of Access and the Kent School Health Service, depending on the nature of their concerns. If mental health concerns are significant, please consult your GP or paediatrician and consider referral via the Single Point of Access. Access The Crisis Team via A&E.	
Single Point of Access The Single Point of Access is commissioned by the NHS and provides screening, triage, and signposting for children and young people's mental health support in Kent. You can refer to the SPA via the following link: https://apps.nelft.nhs.uk/SPA-KentMedway-Support You can also telephone them on: 0800 011 3474 Or, e-mail: kentandmedwayspa@nelft.nhs.uk	Kent School Health Service The Kent School Health Service is a team of school nurses and practitioners supporting children, young people, and families across Kent. Children and young people do not need to be attending school to access this service, and parents can self-refer. https://www.kentcht.nhs.uk/service/school-health/ To speak with someone about concerns for your child Telephone: 0300 123 5205, Option 2

Services Supporting Parents Who Have Concerns for Their Child or Young Person

 YoungMinds helps students with anxiety and isolation & offers parent advice youngminds.org.uk Parental Hotline: 0808 802 5544	 Mind offer mental health support for children and adults. mind.org.uk Infoline: 0300 123 3393 Text: 86463	 Action for Children has parent hub and free online chat for parent support regarding mental health concerns. actionforchildren.org.uk	 Family Lives is a national family support charity providing help and support to families who are struggling. familylives.org.uk Hotline: 0808 800 2222
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Additional Support

Further information for external services including the **Local Offer, children's crisis lines** and the **Single Point of Access** (mental health referrals) can be found on the school website:
www.lgs.kent.sch.uk/topic/wellbeing