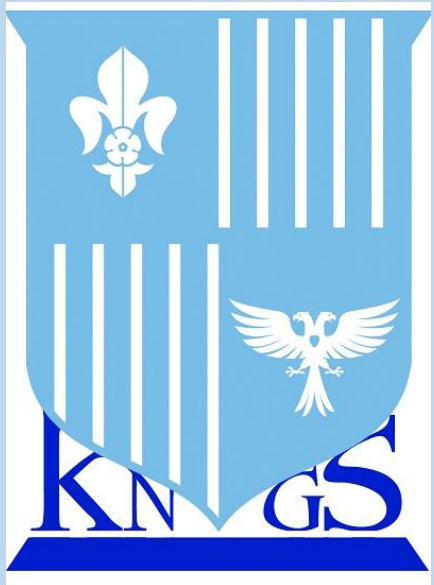


# **KNGS School Summer Safety Plan 2025**

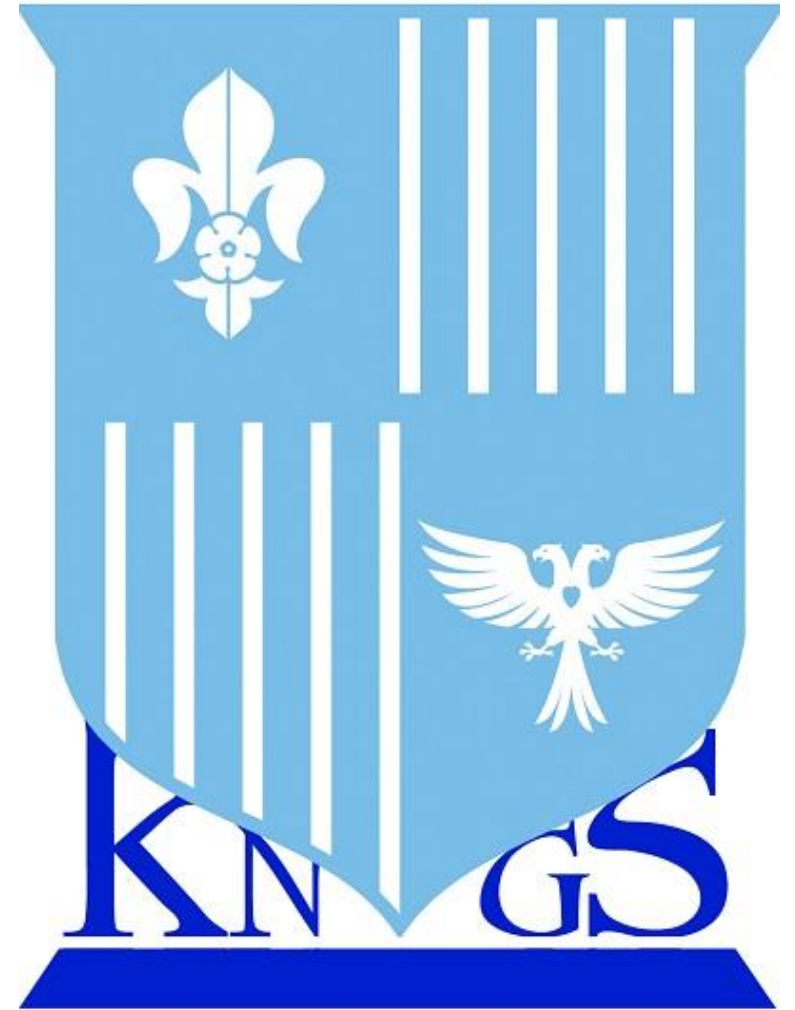


**How to get help, advice and support  
when you need it the most ...**

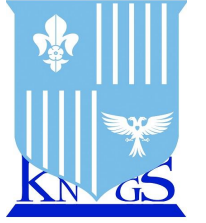
6 weeks is a  
long time.....

- We will miss you 😊
- We want you to feel safe and supported over the holidays
- This presentation will show you where you can go to access support should you need it
- This presentation will also be on our website, so you can access it from home over the summer.

**Stay Safe**



# Safety Plan



If you or another young person is in immediate danger or is at risk of harm call the Police on 999

**...NEVER DO NOTHING!**

# ADVICE ABOUT ANYTHING THAT WORRIES YOU:

**QUICK LINK:** Google 'ChildLine'

**SOURCE:** [www.childline.org.uk](http://www.childline.org.uk)

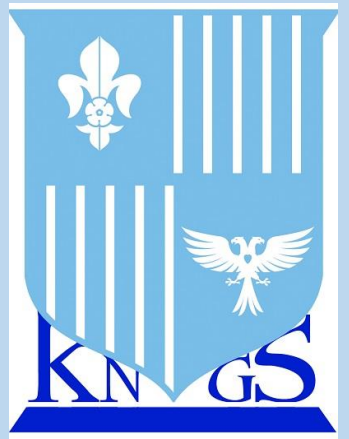


**Hub of Hope** 

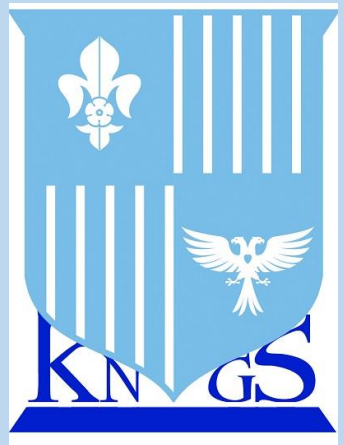
Service provided by Chasing the Stigma

**QUICK LINK:** Google 'Hub of Hope'

**SOURCE:** [www.hubofhope.co.uk](http://www.hubofhope.co.uk)



## MENTAL HEALTH:



**QUICK LINK:** Google 'Forward Thinking Birmingham'

**SOURCE:** [www.forwardthinkingbirmingham.org.uk](http://www.forwardthinkingbirmingham.org.uk)



**QUICK LINK:** Google 'Kooth'

**SOURCE:** [www.kooth.com](http://www.kooth.com)

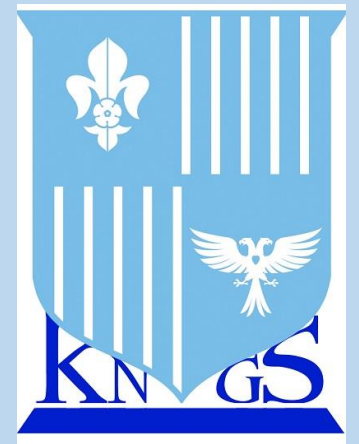
# MENTAL HEALTH:

QUICK LINK: Google 'YoungMinds'

SOURCE: [www.youngminds.org.uk](http://www.youngminds.org.uk)

- This has a helpline for parents too!

**YOUNG**MiNDS



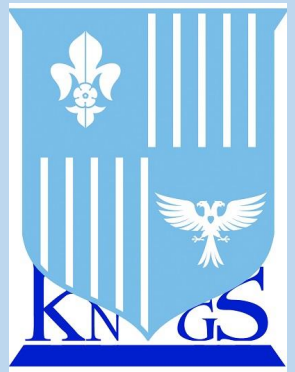
## PREVENTION OF YOUNG SUICIDE:



- You can text, email or call PAPYRUS if you are worried about distressing thoughts you are having:
  - Call: 0800 068 41 41
  - Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
  - SMS: 07786 209697
- Opening hours: Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm

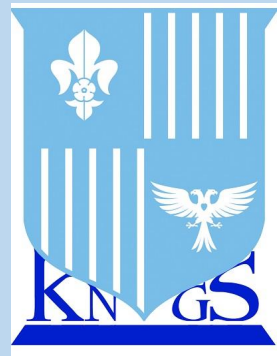
**QUICK LINK: Google 'Papyrus'**

**SOURCE: [www.papyrus-uk.org](http://www.papyrus-uk.org)**





# DOMESTIC VIOLENCE:



- **Women's Aid** and **Karma Nirvana** are charities that support those worried about Domestic Abuse in the home

**QUICK LINK:** Google 'women's aid'

**SOURCE:** <https://www.womensaid.org.uk/>

# PUBLIC HEALTH:

**QUICK LINK:** Google 'ChatHealth'

**SOURCE:** [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk)



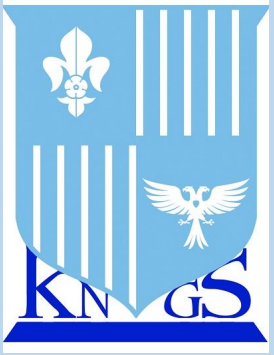
ChatHealth is a confidential text messaging service that enables young people (aged 11-19) to contact their local public health nursing (school nursing) team.

If you would like confidential advice, support and help with: your feelings, growing up, health, lifestyle, relationships or sexual health TEXT: **07480 635 485**

Response time: Within 24 hours, 9am to 4pm Monday to Friday (except bank holidays)

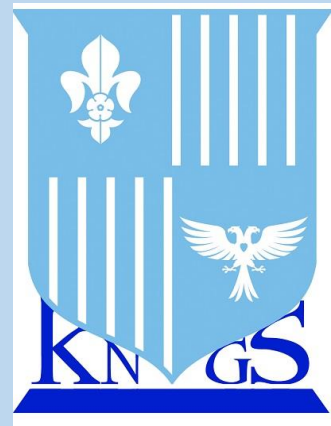


# Water Safety:



- BE CAREFUL WHEN SWIMMING OR NEAR WATER...
- Water may feel warm, but it can be icy cold under the surface even in the hot weather.
- Know your swimming ability – cold or fast-moving water can have negative effects on your stamina and strength.
- Swimming anywhere other than in a purpose built and supervised swimming pools is highly dangerous.

## And finally:



- Be safe!
- Use the numbers and websites given should you need them, as staff won't reply to emails as they will not see them
- Have a wonderful summer break and we can't wait to see you in September 😊