**Flowchart of support for families**

Student to meet with Form Tutor, Head of Year, SENDCo or SC/SE (safeguarding)

Student has issue reported directly to school by student or family

Report back to family and arrange a meeting if needed. Discuss an Early Help

[Early Help : Cumbria County Council (cumbriasafeguardingchildren.co.uk)](https://cumbriasafeguardingchildren.co.uk/earlyhelp.asp)

Student can receive in school support with sessions from keyworkers/Pastoral:-

* Anxiety
* Sexualised behaviour
* Self harm
* Mentoring
* Counselling

Monitor regularly

EARLY HELP

Is a referral needed for specialised support?

No

Yes

Continue with Early Help

* Step up to social care
* Go to panel for extra support
* Use Tier 2 services
* Use Tier 3 services

Report to the local Safeguarding board for:-

* Cumbria
* Lancashire
* North Yorkshire

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Domestic abuse

* [Turning the Spotlight - Victim Support (cumbriatogether.com)](http://www.cumbriatogether.com/directory/turning-the-spotlight-victim-support/)

Death of a family member

* [Child Bereavement UK](https://www.childbereavementuk.org/)
* [Suicide Bereavement Support | Death Through Suicide | Winston's Wish (winstonswish.org)](https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/suicide-bereavement-support/)

Parenting support

* [Action For Children | Children's charity | For safe and happy childhoods](https://www.actionforchildren.org.uk/)
* [Strengthening Families :: North Cumbria Integrated Care (ncic.nhs.uk)](https://www.ncic.nhs.uk/services/strengthening-families)

Mental Health -Anxiety

* [Home - Kooth](https://www.kooth.com/)
* [Home :: North Cumbria Integrated Care (ncic.nhs.uk)](https://www.ncic.nhs.uk/)
* [Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)](https://www.papyrus-uk.org/)
* [MyTime Cumbria | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/what-we-do/services/mytime-cumbria)
* Your own GP

Tier 3

* CAMHS [Lancashire and South Cumbria NHS Foundation Trust | CAMHS - South Cumbria (lscft.nhs.uk)](https://www.lscft.nhs.uk/child-and-adolescent-mental-health-service-south-cumbria)

General

* [NSPCC | The UK children's charity | NSPCC](https://www.nspcc.org.uk/)
* [Cumbria Safeguarding Children Partnership : Cumbria County Council](https://cumbriasafeguardingchildren.co.uk/)
* [Parenting teenagers | Relate](https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers)

Eating disorder

* [The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)](https://www.beateatingdisorders.org.uk/)
* [Lancashire and South Cumbria NHS Foundation Trust | CAMHS - South Cumbria (lscft.nhs.uk)](https://www.lscft.nhs.uk/child-and-adolescent-mental-health-service-south-cumbria)

Drug misuse

* [Youth homelessness - professionals - drugs and alcohol | Cumbria County Council](https://www.cumbria.gov.uk/yphousing/professionals/professionalsdrugsandalcohol.asp)

Sexual assault

* [Home - The Birchall Trust](https://www.birchalltrust.org.uk/?msclkid=3ee982f5b39511ec82bab8095ef71ee0)
* [Safety Net UK](https://www.safetynetuk.org/)
* [The Bridgeway - Supporting the victims of Rape or Serious Sexual Assault](https://www.thebridgeway.org.uk/)

Children carers

* [Advice and support for young carers | The Children's Society (childrenssociety.org.uk)](https://www.childrenssociety.org.uk/information/young-people/young-carers)