

Services for families



At Sholing, we are committed in supporting all of our students and their families during these uncertain and challenging times. If you feel that anyone in your family needs to talk to someone, seek support from a service or find out more details on what is available, we hope the providers listed below will help address your needs.

Name of the service	What does the service offer?	Contact Details
Simon Says	A service, which is designed to help children and young people affected by bereavement. You can also sign up and follow Simon Says via Facebook.	Website www.simonsays.org.uk Telephone 02380 647550
No Limits	A service offering 1:1 telephone counselling and 1:1 web chats to young people in Southampton	Website https://nolimitshelp.org.uk Telephone 02380 224224
MASH	Anyone can contact the Southampton Multi Agency Support hub for Safeguarding advice & parenting support. Safeguarding concerns can be referred by the general public to the local authority via this provision.	Email: info@oasissholing.org Telephone 02380 833336
Young Minds	Help line open Monday to Friday 9.30am-4.30pm supporting young people with mental health issues.	Telephone 0808 802 5544
Covid Mutual aid Group	Local communities are supporting one another through these groups. They are grassroots with neighbour helping neighbour and are being supported to operate in Southampton by the NHS.	Website https://covidmutualaid.org/local-groups/
Local Information	Southampton Voluntary Services (SVS) has created a database on the SO:Linked website where you can search for help, guidance and services by postcode. Here, you can find information and support on: <ul style="list-style-type: none"> • Local practical support • Food and medicine deliveries • OAP / vulnerable people • Advice, guidance and signposting • Support for keyworkers • Emotional support • Substance misuse • Things to do 	Website https://www.solinked.org.uk/
Scams	Please be aware that there are a number of scams at the moment. Please take care.	Government Website https://www.gov.uk/government/news/be-vigilant-against-coronavirus-scams

National Online Safety	A breadth of interactive services, which parents can access to support with parenting, mental health, wellbeing and other useful tips during self-isolation and government guidance. This service also offers an instant messaging app to support you with your questions and queries	Website https://nationalonlinesafety.com/guides General enquires hello@nationalonlinesafety.com Telephone 0800 368 8061
Southampton City Council	Where to find help is set out on the council's website.	Website http://www.southampton.gov.uk/coronavirus-covid19/i-need-help.aspx Telephone 023 8083 4800 (Mon-Fri, 8.30-5pm)
Childline	A service which is available for all children to use for support on managing anxiety, domestic abuse, helping a friend, reporting online abuse, depression, boosting your mood and eating habits. This service also has an instant messaging service which is designed to help you navigate you to the right areas and seek the support you need.	Website https://www.childline.org.uk Telephone 0800 1111
Family Lives	Support for parents on mental health, relationships, bullying, development and more. This service offers a phone line service and additional a skype service too. This service is operational between the hours of 9am – 9pm Monday to Friday and 10am – 3pm on Saturday and Sunday.	Website www.familylives.org.uk Telephone 0808 800 2222 Skype www.skype.com (open Skype Dialler and call 0808 800 2222)
Yellow Door	A service, which is available for children to access and gain the support from domestic and sexual abuse. The helplines are open between 12:00 – 3pm Monday – Friday and equally offers a Polish service by calling 02380 636313 within the same timings.	Website https://www.yellowdoor.org.uk Telephone 02380 636313
How you can help your community	SO:Linked has a website listing ways that you can help in the community.	Website https://www.solinked.org.uk/community-links-covid-19