

Brooklands Primary School

Family Support Directory

Early Help Offer



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Date issued	June 2026		
Review by	June 2027		

*A parent guide to finding help early, accessing support directly,
and working with school when family life becomes difficult.*

Important

This guide is designed to support early help and family support. It does not replace safeguarding procedures. If a child is in immediate danger, call 999. If you are worried that a child may be at risk of harm, contact Brooklands Primary School or the relevant local authority safeguarding route immediately.

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1. How to use this guide

This publication is written for parents and carers. It explains what Early Help means, how Brooklands Primary School can support families, and how parents can access help directly from Suffolk, Essex and national organisations.

Brooklands is a Suffolk school on the Essex border

Brooklands Primary School is in Brantham, close to Manningtree and the Essex border. Some families may live, work, receive health services, or have wider family links across Suffolk and Essex. This guide therefore signposts families to Suffolk services first as the child attends a Suffolk school, and also includes Essex services that may be relevant to families living or accessing support over the border.

Start with the question that best fits your family

If this is happening...	Use this part of the guide
I am worried a child is unsafe	Go to Section 3 and contact school or the relevant safeguarding route.
My child is anxious, low, angry, withdrawn or overwhelmed	Go to Section 6.
I need help with behaviour, routines, sleep or family relationships	Go to Section 7.
I am worried about SEND, learning, communication or development	Go to Section 8.
My child is struggling to attend school	Go to Section 9.
We are struggling with money, food, bills, uniform or debt	Go to Section 10.
We may lose our home or need housing advice	Go to Section 11.
Parents are separating	Go to Section 12.
There is domestic abuse, coercive control or fear at home	Go to Section 13.
My child helps care for someone at home	Go to Section 14.

2. What Early Help means at Brooklands

Early Help is support offered as soon as a difficulty starts to emerge. It is not a single service and it is not a judgement on parents. It is a way of working with families so that children receive help before difficulties become more serious.

Early Help may be useful when:

- a child is worried, anxious, withdrawn, angry, tearful or overwhelmed;
- attendance has started to drop or mornings are becoming very difficult;
- family routines, sleep, behaviour or relationships feel hard to manage;
- parents are experiencing separation, bereavement, illness, financial pressure, housing problems or domestic abuse;
- there are concerns about learning, speech and language, social communication, sensory needs or wider SEND;
- a child is taking on caring responsibilities at home;
- a family would benefit from more than one professional working together.

What an Early Help Assessment is

In Suffolk, an Early Help Assessment (EHA) is a shared assessment used by families and professionals to understand what is going well, what is difficult, and what support would help. It puts the family at the centre of the plan and should lead to agreed actions. Parents, carers and young people should be involved in deciding what happens next.

An EHA is most helpful when coordinated support is needed. It should not delay urgent safeguarding action or replace direct referrals to specialist services, such as health, mental health, SEND or domestic abuse services, where those are the right routes.

The Brooklands approach

- We listen carefully and take parent concerns seriously.
- We work with parents and carers as partners.
- We help families access support without stigma or blame.
- We use clear next steps and review what is helping.
- We act immediately where there are safeguarding concerns.

3. I need help now

Emergency action

If someone is in immediate danger, call 999. If you cannot speak after calling 999, follow the operator instructions. Mobile callers can use Silent Solution by pressing 55 when prompted.

Need / situation	Suffolk route	Essex / border route	How parents can access
Immediate risk to life or serious injury	999	999	Call now.
Urgent mental health crisis	NHS 111 and select the mental health option	NHS 111 and select the mental health option	Use 111 for urgent mental health crisis support. Call 999 if life-threatening.
Worried a child may be at risk of harm	Suffolk Customer First: 0808 800 4005	Essex Children's Social Care: 0345 603 7627	Contact the correct local authority where the child lives. You can also contact Brooklands DSL through school.
Child or young person needs someone to talk to	Childline: 0800 1111	Childline: 0800 1111	Children can call free or use online chat.
Adult needs emotional support	Samaritans: 116 123	Samaritans: 116 123	Free 24-hour listening support.
Domestic abuse	999 if in danger; National Domestic Abuse Helpline: 0808 2000 247	999 if in danger; COMPASS / Next Chapter routes below. National Domestic Abuse Helpline: 0808 2000 247	Use a safe phone or trusted device if possible.

4. Speak to school: Brooklands support routes

Families can contact school even if they are unsure whether the issue is a school issue. The earlier we know that something is difficult, the more we can do to help identify support.

Concern	Brooklands contact / role	How to access
General concern or unsure who to ask	School Office	01206 392291 / office@brooklands.omat.org.uk
Classroom, friendship, learning or day-to-day worry	Child's class teacher	Contact via usual school communication routes or the office.
Mental health or emotional wellbeing	Emotional Literacy Support Assistant (ELSA): Marie Chapman or Designated Safeguarding Lead: Mike Waddell	Contact via usual school communication routes or the office.
SEND or additional needs concern	SENCo: Mike Waddell	Contact through the school office.
Safeguarding concern	Designated Safeguarding and Prevent Lead: Mike Waddell. Alternates: Christine Davy and Marie Chapman	Contact through the school office as soon as possible.

Concern	Brooklands contact / role	How to access
Safeguarding governance	Safeguarding Governor: Hayley Aherne	Contact through school if governance route is required.

What school may do next

1. Listen and clarify the concern with you.
2. Check whether your child is safe and whether any immediate action is needed.
3. Agree simple support in school where appropriate.
4. Signpost you to parent self-referral routes where you can access support directly.
5. Discuss an Early Help Assessment if several needs require coordinated support.
6. Make or support referrals where consent is needed or where school information would help.
7. Review progress with you and adjust support if needed.

5. Self-referral and parent access pathways

Parents do not always need school to make a referral. Many services allow families to ask directly for information, advice or support. This section gives a quick map of key routes.

Need / situation	Suffolk route	Essex / border route	How parents can access
Coordinated family support	Suffolk Early Help Assessment	Essex Child and Family Wellbeing Service	Ask school, Family Hubs, health staff or the local service about next steps.
Mental health concerns	Suffolk Emotional Wellbeing Hub	Essex Child and Family Wellbeing Service Essex EWMHS/NELFT	Parents can seek advice directly and can also speak to their GP.
SEND advice	Suffolk SENDIASS Suffolk Local Offer	Essex SENDIASS Essex Local Offer	Use the relevant local offer and independent advice service.
Parenting courses and family routines	Suffolk parenting support	Essex Child and Family Wellbeing Service	Parents can ask Family Hubs or search local course offers.
Money, benefits and debt	Suffolk money, debts and benefits help Citizens Advice Suffolk	Citizens Advice Tendring Essex Frontline	Contact advice services directly; ask school if you need a foodbank referral or practical signposting.
Housing / homelessness	Babergh housing Babergh homelessness	Tendring housing advice Gateway to Homechoice	Contact the relevant district council urgently if homeless tonight or at risk.
Domestic abuse	Suffolk domestic abuse support	Essex COMPASS Next Chapter	Use a safe device and call 999 if in immediate danger.
Young carers	Suffolk Family Carers - young carers	Essex Young Carers Action for Family Carers	Families and young carers can self-refer in Essex; Suffolk Family Carers provides registration/support routes.

6. Mental health and emotional wellbeing

Children may show emotional distress in different ways. Some children talk openly; others show worries through behaviour, sleep, tummy aches, headaches, anger, avoidance, tearfulness, clinginess, friendship changes or reduced attendance.

What parents can try first

- Choose a calm time to talk and use open questions: "I have noticed mornings feel hard. What is the hardest part?"
- Keep routines predictable: sleep, meals, homework, screen time and morning routines.
- Reduce pressure where possible but avoid avoiding everything that feels difficult.
- Name feelings and reassure your child that emotions are not naughty or wrong.
- Record patterns: triggers, time of day, friendship issues, physical symptoms and what helps.
- Speak to school early so home and school messages are consistent.

School will consider internal support e.g. through class teacher, named adult or ELSA and any reasonable adjustments needed, e.g. soft-starts, whole class / targeted support, further referral.

Use these routes when worries continue or escalate

Suffolk Emotional Wellbeing Hub

For families in east and west Suffolk worried about a child or young person aged 0-25. Parents and carers can refer or seek advice.

[Suffolk Emotional Wellbeing Hub](https://www.suffolk.gov.uk/children-families-and-learning/children-and-young-peoples-mental-health-services/suffolk-children-and-young-peoples-emotional-wellbeing-hub) -

<https://www.suffolk.gov.uk/children-families-and-learning/children-and-young-peoples-mental-health-services/suffolk-children-and-young-peoples-emotional-wellbeing-hub>

Scan for main link



Suffolk School Nursing Service

For school-age child health and wellbeing, including sleep, continence, puberty, growth, healthy lifestyles, behaviour and wider wellbeing advice. The service can also signpost or support early help where health needs are part of the picture.

Parents can use: [Suffolk School Nursing Service](#)

Referral route: [Criteria and how to make a referral](#)

Scan for main link



Kooth

Free online mental health and wellbeing support for young people. Availability and age ranges vary by area, so check the website.

[Kooth](https://www.kooth.com/) - <https://www.kooth.com/>

Scan for main link



Essex Child and Family Wellbeing Service

For Essex families, Family Hubs and wellbeing services provide support for children and families from pregnancy to age 19, or 25 with SEND.

[Essex Child and Family Wellbeing Service](https://www.essexfamilywellbeing.co.uk/) -

<https://www.essexfamilywellbeing.co.uk/>

Scan for main link



When to seek urgent help

- Your child talks about wanting to die, self-harm, or not wanting to be here.
- You are worried your child may act on unsafe thoughts.
- There is a sudden and serious change in behaviour, sleep, eating, mood or risk-taking.
- Your child is hearing or seeing things others do not, or seems very confused or detached from reality.
- If there is immediate danger: call 999. For urgent mental health support, call NHS 111 and select the mental health option.

7. Parenting support and family routines

All families can find parenting difficult at times. Asking for support early can make routines calmer and reduce stress for children and adults.

Common reasons families ask for support

- bedtime, sleep, eating or morning routines;
- tantrums, defiance, anger or emotional regulation;
- separation, new partners, blended families or conflict between adults;
- screen time, gaming or online boundaries;
- sibling conflict or caring responsibilities;
- parent stress, low mood, anxiety or isolation.

Support routes

Suffolk parenting support

Suffolk Family Hubs provide parenting information, advice and local support routes.

[Suffolk parenting support](https://www.suffolk.gov.uk/children-families-and-learning/suffolk-family-hubs/support-for-parents-and-carers/parenting-support) -

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-family-hubs/support-for-parents-and-carers/parenting-support>

Scan for main link



Family Lives

National parenting helpline, advice and online resources.

[Family Lives](https://www.familylives.org.uk/) - <https://www.familylives.org.uk/>

Scan for main link



Family Action FamilyLine

Free emotional support, information and guidance for families by phone, text, email and web chat.

[Family Action FamilyLine](https://familyaction.org.uk/familyline/) - <https://familyaction.org.uk/familyline/>

Scan for main link



Suffolk School Nursing Service

For school-age child health and wellbeing, including sleep, continence, puberty, growth, healthy lifestyles, behaviour and wider wellbeing advice. The service can also signpost or support early help where health needs are part of the picture.

Parents can use: [Suffolk School Nursing Service](#)

Referral route: [Criteria and how to make a referral](#)

Scan for main link



8. SEND and additional needs

Special Educational Needs and Disabilities (SEND) may relate to learning, communication, physical needs, medical needs, sensory differences, social interaction, emotional regulation or mental health. Children may need different levels of support at different times.

When to speak to Brooklands SENCo

- You have already spoken with the class teacher about your concerns.
- You are worried about progress, understanding or memory.
- Your child finds communication, social situations, transitions or sensory environments difficult.
- You think your child may need reasonable adjustments or additional support in school.
- Your child has a diagnosis or is waiting for assessment and school needs to know.

Independent advice and local offers

Suffolk Local Offer and SENDIASS

Information about Suffolk SEND services and free, impartial SEND advice for parents, carers and young people.

[Suffolk Local Offer](https://www.suffolklocaloffer.org.uk/) - <https://www.suffolklocaloffer.org.uk/>

[Suffolk SENDIASS](https://suffolksendiass.co.uk/) - <https://suffolksendiass.co.uk/>

Scan for main link



Essex Local Offer and SENDIASS

Information about Essex SEND services and free, confidential, impartial advice for Essex families.

[Essex Local Offer](https://send.essex.gov.uk/) - <https://send.essex.gov.uk/>

[Essex SENDIASS](https://www.essexsendiass.co.uk/) - <https://www.essexsendiass.co.uk/>

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Questions parents can ask

- What has school already noticed and recorded?
- What support is already in place and how will we know if it is working?
- What can we do at home that matches the school approach?
- Does my child need a support plan, referral, assessment or reasonable adjustment?
- When will we review progress together?

9. Attendance, EBSA and school avoidance

Attendance difficulties often start gradually. Early support is important because the longer a child is away from school, the harder return can feel. Some children experience emotionally based school avoidance (EBSA), where anxiety or distress makes attendance feel overwhelming.

What parents might notice

- frequent tummy aches, headaches or feeling sick on school days;
- tears, panic, anger or shutdown before school;
- sleep problems on Sunday nights or before specific lessons/days;
- repeated requests to leave school or visit first aid;

- friendship concerns, bullying worries or fear of getting things wrong;
- attendance patterns after illness, holidays, family change or bereavement.

A practical early plan

1. Tell school early.
2. Map the pattern: which days, lessons, transitions, places or relationships feel hardest?
3. Agree a calm morning script so adults use the same message.
4. Reduce uncertainty: visual timetable, arrival plan, safe adult, check-in/check-out.
5. Keep connection with learning and friendships even if attendance is partial for a short time.
6. Review frequently and increase attendance gradually where needed.
7. Seek health, mental health, SEND or family support if barriers are wider than attendance alone.

Support routes

For coordinated support where attendance barriers are wider family needs: [Suffolk Family Support Service](#)

For an Early Help Assessment route: [Suffolk Early Help Assessment](#)

For mental health concerns linked to attendance: [Suffolk Emotional Wellbeing Hub](#)

10. Financial hardship, benefits, food and essentials

Money worries affect children. Families may need help with food, bills, benefits, debt, uniform, travel, childcare or housing costs. Asking for support early can prevent crisis.

What parents can do directly

- Check Free School Meals entitlement and speak to school if you need help completing forms.
- Contact Citizens Advice for benefits, debt, Universal Credit, housing, employment or consumer advice.
- Use council cost-of-living and welfare support pages for local schemes.
- Ask school if you need discreet support with uniform or a referral/signpost for food support.
- Use Turn2us to check benefits and charitable grants.

Suffolk money, debts and benefits help

Suffolk Family Hubs information on money, debt, benefits and cost of living support.

[Suffolk money, debts and benefits](#) -

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-family-hubs/support-for-parents-and-carers/help-with-money-debts-and-benefits>

Scan for main link



Babergh Citizens Advice and housing support

Babergh signposts to Citizens Advice for finance, debt, employment, housing, benefits and access to food banks.

[Babergh Citizens Advice](#) -

<https://www.babergh.gov.uk/w/citizens-advice>

[Babergh housing](#) - <https://www.babergh.gov.uk/housing/>

Scan for main link



Foodbank search

Trussell can help families find local foodbank support and understand voucher/access routes.

[Find a food bank - Trussell](https://www.trussell.org.uk/emergency-food/find-a-foodbank) -

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>

Scan for main link



Turn2us

Benefits calculator and grant search for people facing financial insecurity.

[Turn2us](https://www.turn2us.org.uk/) - <https://www.turn2us.org.uk/>

Scan for main link



11. Housing and homelessness

Housing stress can affect sleep, attendance, behaviour and wellbeing. Contact the relevant district or borough council as early as possible if you are at risk of homelessness or if your housing is unsafe or unsuitable.

If homeless tonight

Contact your local district council urgently. For Babergh/Mid Suffolk, the published homelessness phone route is 0300 123 4000 option 3. If a young person under 18 needs emergency accommodation in Suffolk, contact Customer First / Emergency Duty Team.

Suffolk / Babergh routes

Housing advice, support and financial assistance: [Babergh housing services](#)

Homeless or at risk of homelessness: [Babergh homelessness advice](#)

Wider Suffolk housing related support: [Suffolk homelessness and housing support](#)

Essex / border routes

Tendring route for families in Tendring: [Tendring housing advice and homelessness](#)

Choice-based lettings system covering areas including Babergh, Colchester and Mid Suffolk: [Gateway to Homechoice](#)

Health and inclusion advocacy for adults in Colchester or Tendring at risk of homelessness or struggling to access support: [SUMMIT Services](#)

12. Parental separation, co-parenting and child arrangements

Parental separation, changes to child arrangements and disagreements between adults can affect a child's wellbeing, behaviour, sleep, attendance and learning. Support is available for parents who want to reduce conflict, communicate more calmly and keep children out of adult disputes. Brooklands can support children emotionally in school, but the school cannot mediate disputes, give legal advice, decide custody arrangements or enforce private child arrangement orders.

If there are concerns about domestic abuse, coercive control, intimidation, harassment, stalking, unsafe contact or immediate risk, use the safeguarding and domestic abuse routes in Sections 3 and 13 rather than family mediation routes.

Support routes

Getting it Right for Children - online training for separated or separating parents

A free online OnePlusOne course to help separated or separating parents manage conflict, communicate more positively and minimise the impact on children. Parents can complete it online, at their own pace.

Getting it Right for Children / OnePlusOne parent resources - [Open link](#)

Use this when adults want practical, non-judgemental support to reduce conflict and co-parent more calmly.

Scan for main link



Suffolk Family Hubs - parenting and relationship support

Family Hubs can help parents access early advice, parenting support and wider family support. This can be helpful when separation is affecting routines, behaviour, attendance or emotional wellbeing.

Suffolk Family Hubs parenting support - [Open link](#)

Parents can contact Family Hub support directly or speak to school about an Early Help conversation.

Scan for main link



Essex Child and Family Wellbeing Service

For families who live, work with services, or access support across the Essex border, this service provides advice and family wellbeing support, including help with parenting and family relationships.

Essex Child and Family Wellbeing Service - [Open link](#)

This may be useful for Brooklands families who access services in Manningtree, Tendring, Colchester or wider Essex.

Scan for main link



Cafcass - child arrangements, divorce and separation guidance

Cafcass provides information for parents about child arrangements, separation and court-related processes. Brooklands cannot give legal advice, but parents can use Cafcass guidance to understand common next steps.

Cafcass child arrangements, divorce and separation - [Open link](#)

Where a court order affects school collection or information sharing, parents should provide the school with the relevant written evidence.

Scan for main link



National Family Mediation

A national service offering information about family mediation for separated parents. Mediation may help adults agree practical arrangements, but it is not suitable where there is domestic abuse, coercive control or safety risk.

National Family Mediation - [Open link](#)

Parents can contact the service directly. Seek legal or safeguarding advice first if safety is a concern.

Scan for main link



Child Law Advice - child arrangements

Provides legal information for parents and carers about child arrangements, parental responsibility and contact. This can help parents understand where to seek specialist legal advice.

Child Law Advice child arrangements - [Open link](#)

This is information only; parents should seek independent legal advice for their own circumstances.

Scan for main link



13. Domestic abuse and family safety

Domestic abuse can be physical, emotional, psychological, sexual, financial, controlling or coercive. Children are affected by living with domestic abuse even if they are not directly hurt. Support is available and you do not have to wait until things become an emergency. School can help access support safely – you can speak to a Designated Safeguarding Lead securely and confidentially.

Safety first

If you are in immediate danger, call 999. If you cannot speak, use Silent Solution by pressing 55 when prompted. Use a safe phone or trusted device to access online help if you are worried someone is monitoring your activity.

Support routes

Suffolk domestic abuse support

Suffolk domestic abuse support and signposting.

[Suffolk Domestic Abuse Helpline](#) -

<https://suffolkdahelpline.org.uk/>

Scan for main link



Essex COMPASS

The Essex domestic abuse support route includes self-referral for victims and support for family and friends.

[Essex COMPASS](#) - <https://www.essexcompass.org.uk/how-can-we-help/>

Scan for main link



Next Chapter

Free and confidential domestic abuse support across Colchester, Tendring and wider north Essex areas.

[Next Chapter](#) - <https://www.thenextchapter.org.uk/>

Scan for main link



National Domestic Abuse Helpline

24-hour national helpline run by Refuge.

[National Domestic Abuse Helpline](#) - <https://www.nationaldahelpline.org.uk/>

Scan for main link



14. Young carers

A young carer is a child or young person who helps care for, or is emotionally affected by, someone in their family who has an illness, disability, mental health need or substance misuse issue. Children may not describe themselves as carers.

Signs a child may be a young carer

- regularly worrying about someone at home;
- being tired, late or absent because of caring responsibilities;
- helping with medication, personal care, translation, siblings, cooking or household jobs;
- finding it hard to complete homework or attend clubs;
- feeling guilty about being at school or away from home.

Support routes

Suffolk Family Carers - Young Carers

Support for young carers and sibling carers in Suffolk, including registration and advice.

[Suffolk Family Carers - Young Carers](https://suffolkfamilycarers.org/who-do-we-support/young-carers/) -

<https://suffolkfamilycarers.org/who-do-we-support/young-carers/>

Scan for main link



Essex Young Carers

Free personalised support for young carers in Essex; families or young carers can self-refer.

[Essex Young Carers](https://youth.essex.gov.uk/young-people/young-carers/) - <https://youth.essex.gov.uk/young-people/young-carers/>

Scan for main link



Action for Family Carers

Essex charity providing support for unpaid carers including young carers and families.

[Action for Family Carers - Young Carers](https://affc.org.uk/services/young-carers/) - <https://affc.org.uk/services/young-carers/>

Scan for main link



15. Bereavement, loss and trauma

Children grieve in different ways. They may seem fine one moment and distressed the next. Some children need direct support; others need adults around them to understand grief and maintain routines.

What may help

- Use clear, age-appropriate language and avoid confusing euphemisms.
- Tell school so trusted adults can provide sensitive support.
- Keep routines predictable where possible.
- Allow feelings to come and go; play and laughter do not mean a child is not grieving.
- Seek specialist guidance if grief becomes overwhelming or affects safety, sleep, eating, attendance or daily life.

Winston's Wish

Free grief support for bereaved children, young people and the adults supporting them.

[Winston's Wish](https://winstonswish.org/) - <https://winstonswish.org/>

Scan for main link

**Child Bereavement UK**

Support for grieving children, young people and parents.

[Child Bereavement UK](https://www.childbereavementuk.org/) - <https://www.childbereavementuk.org/>

Scan for main link



Local Suffolk signposting: [Suffolk bereavement support](#)

16. Online safety, bullying and peer relationships

Online and friendship issues can quickly affect wellbeing, sleep and attendance. Parents do not need to be technology experts to set clear boundaries and seek help.

Parent actions

- Keep devices out of bedrooms overnight where possible.
- Use parental controls but also talk regularly about what your child sees and does online.
- Take screenshots of concerning messages before blocking or deleting.
- Report harmful content to the app/platform and seek advice if threats, grooming or sexualised content are involved.
- Speak to school if peer conflict or bullying involves pupils from school or affects attendance/wellbeing.

CEOP Safety Centre

Report online sexual abuse, grooming or exploitation concerns.

[CEOP Safety Centre](https://www.ceop.police.uk/Safety-Centre/) - <https://www.ceop.police.uk/Safety-Centre/>

Scan for main link

**Internet Matters**

Parent guides for online safety, controls and age-specific advice.

[Internet Matters](https://www.internetmatters.org/) - <https://www.internetmatters.org/>

Scan for main link

**Childnet**

Online safety advice and resources for children, parents and schools.

[Childnet](https://www.childnet.com/) - <https://www.childnet.com/>

Scan for main link



NSPCC online safety

Guidance for parents on online safety and keeping children safe.

[NSPCC online safety](https://www.nspcc.org.uk/keeping-children-safe/online-safety/) - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Scan for main link



17. Health, substance misuse and wider family needs

Family wellbeing is broad. A child may be affected by adult mental health, physical illness, disability, substance misuse, parental conflict, poverty, isolation or community safety concerns. School can help identify the right route, but many services can also be accessed directly.

Health routes

- For urgent medical concerns, use NHS 111 or 999 in an emergency.
- For ongoing health concerns, contact your GP.
- For school-age child health or family wellbeing, use the School Nursing Team, Family Hub and local wellbeing service routes.
- For child mental health, use the Suffolk Emotional Wellbeing Hub or Essex family wellbeing/mental health pathways depending on where you live and receive services.

NHS urgent health advice: [NHS 111](#)

Confidential drug information and advice: [FRANK drug advice](#)

Suffolk Family Hubs: [Suffolk Family Hubs](#)

[School Nursing Service - Suffolk County Council](#)

Essex Family Hubs / wellbeing services: [Essex Child and Family Wellbeing Service](#)

See also:

Child Protection and Safeguarding Policy

Anti-Bullying Policy

SEN Policy & Information Report

Attendance Policy