

Where to go if you are feeling low...

If you think that your child is at risk of **imminent harm** you can take them to A & E at Bradford Royal Infirmary or Airedale Hospital.

CAMHS—01535 661531 For telephone support / advice
or **CAMHS Duty—01274 723241** from 9.00-5.00pm if keyworker is unavailable.

OUT OF HOURS—0800 952 1181 for First Response .

(They can refer to Safer Spaces if needed.)

Safety Plan at home: remove access to sharp objects, ensure medication is locked away. Ensure your child has no items that can be used as a ligature or objects that could cause injury.

Useful numbers & websites:

Childline 0800 1111

Thrive www.thrivebradford.org.uk/

Helpful site for teenagers and parents of teenagers.

Mind directory www.mindinbradford.org.uk/

Helpful site where you will find a wide range of local and national organisations which provides services to cater for a variety of needs.

Young Minds www.youngminds.org.uk/ Tel:020 7089 5050

Information, help and advice for young people.

Kooth www.kooth.com