

Community Support, Helplines and Emergency Contacts

Whilst many of us in both the JCoSS and the Jewish community are blessed to have huge support networks available to us, there may be moments, in these times of enforced isolation, that we need a little extra help. Below are the contact details for a range of support services which may serve to meet that need should it arise.

GIFT Supporting those in the Jewish community who are unable to leave their house. They coordinate food delivery, prescription collection, phone calls and meals
Phone – 0208 457 4229 Email - info@jgift.org

Government advice on the coronavirus

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Grief Encounter We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.

Helpline: 0808 802 0111 Email: contact@griefencounter.org.uk

Kooth Free, Online counselling platform with a qualified counsellor.

Monday – Friday 12pm – 10pm, Saturday + Sunday 6pm – 10pm

<https://www.kooth.com>

JAMI Jami is the specialist provider of mental health services in the Jewish community. If you have concerns about yourself or a loved one, you can contact

Website: <https://jamiuk.org/get-support/referral/>

Phone: 020 8458 2223 Email: info@jamiuk.org

Jewish Care If you need information, meals on wheels, befriending, advice or support – or just someone to talk to.

Phone: 020 8922 2222 Email: helpline@jcare.org

Jewish Helpline If you're feeling alone, anxious, depressed, suicidal – or simply in need of someone to talk to. The trained volunteers are here to support you confidentially. Phone: 0800 652 9249 Opening Hours: Sunday – Thursday 12:00 – 00:00; Friday 12:00 – 15:00

NHS advice on the coronavirus <https://www.nhs.uk/conditions/coronavirus-covid-19/>

No Panic A registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

Support through helpline and resources Helpline: 0330 6061174

website - www.nopanic.org.uk/

Norwood Parent Advisory Telephone Helpline. Free confidential discussions with a qualified professional. You can discuss your concerns about a child or young person including their: Learning, development, behaviour, social issues, emotional issues.

Phone: 020 8457 4490.

NSPCC Charity for Children to help prevent abuse and neglect. Contract trained counsellors 24 hours a day by email or phone.
Phone - 0808 800 5000 Email - help@nspcc.org.uk

Pajes Provides services, support and strategy to Jewish schools across the UK.
https://www.pajes.org.uk/support_during_school_closures

Samaritans Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk

Social Services Information pages which tell you what to do if you have concerns about the wellbeing of a child or young person. **If you believe a child or young person is in immediate danger phone 999**

Barnet <https://www.barnet.gov.uk/children-and-families/keeping-children-safe>

Enfield <https://new.enfield.gov.uk/enfieldscb/children-young-people/worried-about-the-safety-of-a-child-report-it-now//>

Essex <https://www.escb.co.uk/>

Harrow <https://www.harrow.gov.uk/childrens-social-care/safeguarding-children?documentId=12773&categoryId=210264>

Hertfordshire <https://www.hertfordshire.gov.uk/services/Childrens-social-care/Child-protection/Hertfordshire-Safeguarding-Children-Partnership/hscp.aspx>

Redbridge <https://www.redbridge.gov.uk/adult-and-childrens-services/child-protection/>

Synagogues Please contact your own synagogue directly for wellbeing support including meals, services, arrangements and pastoral care.

YoungMinds Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk

NB: YoungMinds have a text crisis text support service (text YM to 85258)

Finally, of course, if you need us, we are still here for you. If you are struggling and we can help in any way, please contact us at admin@jcross.barnet.sch.uk ; your message will be forwarded to the member of staff best able to support.

