



Armthorpe Academy

Enriching Lives, Inspiring Ambitions

Contacts



Health

- Zone 5-19 Children and Young People's Health and Wellbeing Service: Single point of contact (SPOC) 03000218997.



- Healthy Learning, Healthy Lives www.healthylearningdoncaster.co.uk

- Sleep clinic 01302 751416

- Children's continence team 01032 379566

- Young Minds <https://www.youngminds.org.uk/> text 85258



- Kooth.com <https://www.kooth.com/>

- Childline <https://www.childline.org.uk>

- Samaritans- for emotional support 116 123



- CAMHS if not an emergency and it's between Monday to Friday 9-5 on 03000 211219 or 01302 796191



- If you're in crisis and you don't feel able to wait until the next working day you can contact the Doncaster Crisis Team (outside of Monday-Friday 9-5) on 01302 566999

- Give us a shout, mental health support text 85258

- The mix <https://www.themix.org.uk/> 0808 808 4994

- Listening ear <https://listening-ear.co.uk/refer>

- The Sleep Charity info@thesleepcharity.org.uk 01302 751 416



Bereavement Support

- Cruse www.cruse.org.uk.

- Winston wish <https://www.winstonswish.org/>



Family Support

- Families' information service 01302 735237



- Your place, support and information for family support 01302 736336

- SENDIAS 01302 736920

- Roger Middleton Counselling 01302862680

- Young carers 01302 736099 or email young.carers@doncaster.gov.uk

- Amparo, if affected by suicide 03300889255



Online Support



- Ceop keep children safe from sexual abuse and grooming online <https://www.ceop.police.uk/Safety-Centre/>

- Report remove. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>



Nude image of you online? We can help take it down.