Helena Romanes School Safeguarding

Parent/Carer resources and support

Document links	
Safeguarding news - MHST Newsletter	
Useful resources	Safeguarding support for parents
Who students can talk to at school	Welfare support for parents
Online safety	Mental Health

Thurs 15th October 2026

MHST Newsletter

mind in West Essex

NHS

Mental Health Support Teams in Schools

Welcome to MHST Newsletter

September 2026

Welcome back to a new school year.

We hope you have had a wonderful summer and are feeling refreshed and ready for the year ahead.

We are looking forward to continuing our interventions with parents and young people, alongside running small group workshops & whole-class programmes, including Emotion Explorers & Brain Buddies.

There have been a few changes within our team over the summer. We have said goodbye to some valued colleagues, welcomed new managers into the team, and are delighted to have Charley back from maternity leave. Theresa has moved into an exciting new role. As always, Kelly & Sally are on hand to help with any administration queries, so please don't hesitate to get in touch.

We are particularly pleased to be developing a new "wave" of schools in Uttlesford, Epping Forest & Harlow, giving us the opportunity to extend our work and reach even more young people, parents and families.

Our practitioners have been busy over the summer delivering our Think & Thrive programme to some of our secondary schools.

There is lots to look forward to, and we are excited to continue working alongside you to support the wellbeing and emotional health of children, young people and families.

We wish you a happy, positive and successful start to the new school year.

1.

Mental Health Support Teams in Schools

Are you a parent/carer looking for effective ways to help your young person navigate anxiety and manage big emotions?

Look no further; The Mental Health Support Team is here to support you!

- Evidence-based interventions, based on Cognitive Behavioural Therapy (CBT)
- In primary schools we work directly with parents/carers
- In secondary schools and colleges we help young people manage low mood, anxiety and worry
- Support in a confidential space in school over 4 to 8 weekly sessions lasting up to an hour
- Practical strategies to help manage anxiety and emotional challenges
- Helping young people develop coping strategies and take charge of their well-being

To take the first step and find out more, contact the mental health lead in school or email mhstadmin@mindinwestessex.org.uk

NHS

mind in West Essex

Registered Charity No. 1091154

2

Summer Holiday Work

During the summer school holidays, MHST have been working with some secondary schools in Harlow, Epping Forest and Uttlesford, supporting transition days for the new cohort of Year 7 students starting secondary school in September.

As part of the transition days, MHST have incorporated our Think & Thrive programme, delivering two sessions over two days, focussing on understanding and managing anxiety around the move to secondary school. This is the second year running the programme, and we are delighted that eight schools took part this year: Davenant, Passmores, Mark Hall, Stewards, Sir Frederick Gibberd, Burnt Mill, Saffron Walden County High & Forest Hall.

It has been fantastic to work alongside these schools to help young people feel more confident, prepared and supported as they take the next step in their education. A huge thank you to all the staff involved for helping us make the transition to secondary school a positive experience for so many young people.











mind in West Essex

NHS

DO YOU LOVE READING?

JOIN THE

MHST

Mental Health Support Team

BOOK CLUB

Termly wellbeing book recommendations and conversational prompts delivered straight to your email inbox for all ages

Scan the QR code

email:

mhstadmin@mindinwestessex.org.uk

Age groups:
5-8yrs
9-12 yrs
12-14 yrs
15-19 yrs
Parent book

Each term receive our MHST bookclub newsletter with 4 wellbeing book recommendations, as well as, prompts and questions to think through and/or discuss with your child.
Each month book recommendations will be made for each age group.

MHST NEWS





Mike Ellen

After an incredible 25yrs with MiND, we said a fond farewell to a much loved and highly respected leader. Mike was an important member of the team that helped establish MHST Uttlesford, making a lasting contribution to the service and the communities we support. We all wish Mike every happiness and succes for the future. He will be greatly missed.







Charmi Ohrland

I'm delighted to introduce myself, Charmi Ohrland, as one of the new Team Managers for Mind in West Essex MHST. I bring a background working across both school settings and mental health services within the county. I am really looking forward to building strong, collaborative partnerships with all our schools, working together to ensure every young person gets the right support at the right time, and that we can keep growing and improving how we deliver care across West Essex.





Sam Lambert

I have recently joined Mind West Essex as a CYP MHST Team Manager and have been warmly welcomed by everyone during my first week—thank you! As a therapist, I am passionate about the person-centred approach and its value in all areas of life.
I have worked across a range of services in Essex, including the Autism Specialist Teacher Team, Essex Youth Service, CAMHS Getting Help, and most recently as a senior member of the Southend, Essex and Thurrock All Age Autism Outreach Service.
I am looking forward to supporting the team and delivering a high-quality service to children, young people, families and schools across West Essex.





We are delighted to welcome Charley back from maternity leave after spending a wonderful year at home with her gorgeous Jesse. We have missed her and are so pleased to have her back as part of the team!

We are adding more schools to our service

We are delighted to announce the launch of our MHST Wave 15 rollout in October 2026, with practitioners beginning work in schools from early 2027.

This expansion will extend comprehensive MHST support across all education settings in West Essex, contributing to the national goal of 100% coverage by 2030. Benefits include support to reduce teacher workload, improved student attendance and wellbeing, and fully funded Whole School Approach professional support.

To support the rollout, we are welcoming eight trainee Education Mental Health Practitioners (EMHPs) and two trainee Supervisors, who will complete their specialist qualifications with UCL over the next year.

We are already working with Wave 15 schools and identifying primary schools to act as training sites. Initial onboarding consultations are underway to prepare settings for the trainees' practical delivery.

We wish our new colleagues every success as we continue our shared commitment to improving mental health outcomes for young people and families across our region.





After 4 yrs as part of the MHST team, Theresa has recently taken on an exciting new role as MHST Whole School Approach Lead. Alongside helping set up our new Wave 15 schools, she will be supporting the development of our Whole School Approach and helping our schools to promote positive mental health and wellbeing within their communities.

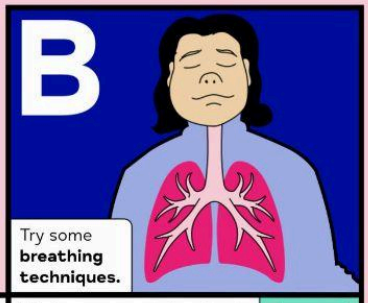
Mind in West Essex

A to Z Mental Health Coping Strategies

A — **Ask** for help. **Can we Talk?**



B

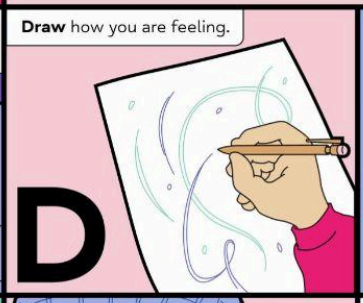


Try some **breathing techniques.**

C — **Cuddle up** with a cosy blanket.



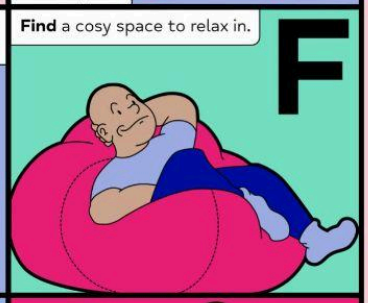
D — **Draw** how you are feeling.



E — **Exercise;** exercise releases feel-good hormones



F — **Find** a cosy space to relax in.



G



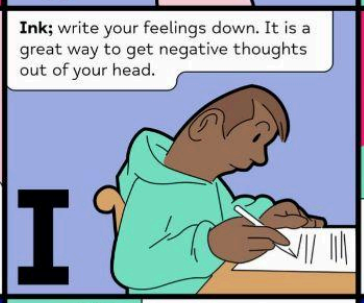
Give; give your time to volunteer or give a smile to a stranger

H



Hug; hugging a loved one for 20 seconds every day can improve your mood as this act releases the bonding hormone, oxytocin. This hormone can slow your heart rate down and improve your mood.

I — **Ink;** write your feelings down. It is a great way to get negative thoughts out of your head.



J



Jogging; get out for a run and boost your mood through exercise.

K



Keep learning; check out the Mind Academy for free courses and to learn more about how to support yourself.

L



Laugh; watch a funny film or joke with friends. If you really want to stretch yourself - try laughter yoga.

M — **Meditate;** take time to explore youtube for a guided meditation video that suits you.



N



Take a **Nap;** rest when you need to and listen to your body. Try to limit napping to 20 minutes.

O



is to try an **Outdoor** yoga pose.

P



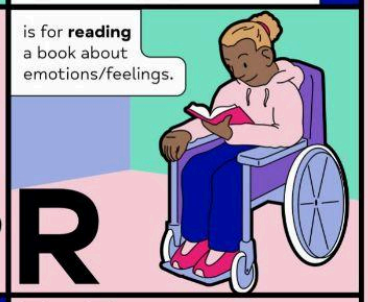
is for **phoning** and connecting with family and friends.

Q

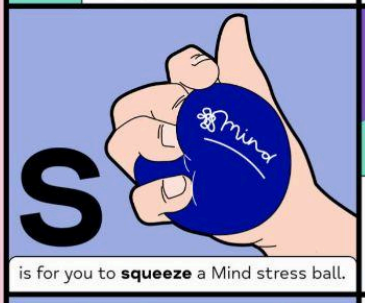


is for you to **quickly jump** up and down on the spot for 1 minute. This can help to reduce stress levels and physical symptoms of anger.

R — is for **reading** a book about emotions/feelings.

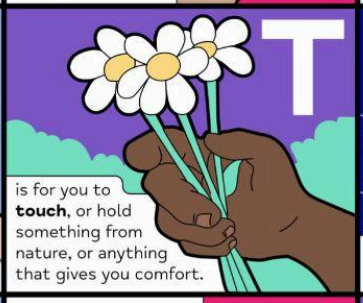


S



is for you to **squeeze** a Mind stress ball.

T



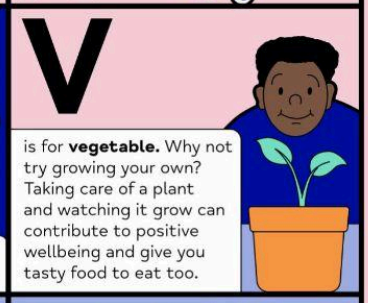
is for you to **touch**, or hold something from nature, or anything that gives you comfort.

U



is for **unwind**, with a relaxing bath, mug of hot chocolate or some relaxing music.

V



is for **vegetable.** Why not try growing your own? Taking care of a plant and watching it grow can contribute to positive wellbeing and give you tasty food to eat too.

W



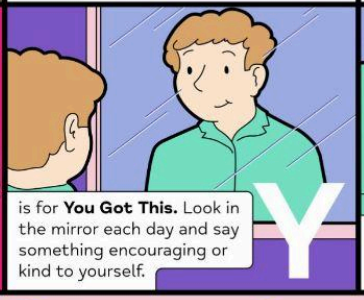
is for **walk,** take a walkaround your local neighbourhood and find something new.

X



is for **X-box**. Take time to connect with your friends whilst playing your favourite game.

Y



is for **You Got This.** Look in the mirror each day and say something encouraging or kind to yourself.

Z



is for **zzz....** Make sure you're getting enough sleep each night and remember, teenagers need more sleep!

@MindinWestEssex @Mind_West_Essex @mind_west_essex

www.mindinwestessex.org.uk

What is Befriending?

Befriending is a great way to get involved and is a really rewarding and valuable experience.

Befriending is a supportive, one-to-one service that helps people who are lonely or isolated by offering friendship.

A befriender is a trained volunteer who gives their own time to listen, chat, and provide companionship to improve the wellbeing of someone who may be feeling depressed or disconnected.

This usually involves meeting or speaking regularly, at a place that suits both people such as a coffee shop or going for a walk. Sometimes people prefer this to be over the telephone instead.

Befriending relationships can be short or long term but can really have a lasting impact.

Befriending not only offers encouragement to individuals to feel more connected, valued, and supported in their everyday lives, it also provides valuable transferable skills to the volunteer such as communication, listening, empathy, and reliability.

Can you spare an hour a week to really make a difference to someone's life?
Full training and ongoing support is provided and expenses are paid.

Get in touch here:
email: volunteering@mindinwestessex.org.uk or
go to www.mindinwestessex.org.uk/get-involved/

mind in West Essex



Looking for a regular chat with someone who gets it?

Our free Befriending support finds you someone local to chat with regularly - by phone or in person, whatever suits you.

It's relaxed, informal and flexible, and all about building connection. Many people tell us it gives them something to look forward to each week.

Sign up for good conversation, shared interests, and real connection with someone new.

Interested?

Email volunteering@mindinwestessex.org.uk
freephone 0800 755 5173
or scan the QR code.

Open to men and women of all ages.

mind in West Essex

Find Local Help & Support

What is The Essex Map?

Connecting Communities Across Essex

- Free online directory of local community groups, charities, clubs & support services
- Helps residents find help, activities, and opportunities nearby
- Open to all community-benefit organisations
- Promotes connection, support, and collaboration across Essex
- Managed by The Essex VCSE Alliance



Discover The Essex Map – Connecting Communities Across Essex

The Essex Map is a free online directory that brings together community groups, charities, clubs, and services across the county.

www.essexmap.co.uk is designed to help residents find support, activities, and opportunities nearby, from mental health services to social clubs and volunteering.

It's also a fantastic way for organisations to reach more people by adding their details to the map.

Listing is simple, free, and helps ensure that those who need support or want to get involved can find it quickly.

Use The Essex Map today — whether you're looking for help, or offering it.

Get listed: www.essexmap.co.uk or email communications@essexalliance.org.uk

mind in West Essex

NHS

Keeping Myself Safe

non-emergency support

synergy ESSEX
0300 003 7777
Specialist community-based service for victims & survivors of all forms of sexual violence and abuse, sexual domestic violence, sexual harassment and child sexual abuse.

Families in Focus CIC
For parent carers & young people with SEND aged 0-25yrs & live in Essex
www.familiesinfocusessex.org.uk

ChildLine 0800 1111

shout 85258 here for you 24/7

kooth www.kooth.com

THE OUT HOUSE
Gender identity
theouthouse.org.uk
01206 871394

YOUNGMiNDS fighting for young people's mental health
Text crisis messenger 24/7 -text YM85258
Parents helpline M-F 9.30-4 0808 8025544

THE MIX
www.themix.org.uk

SET CAHMS - Mon to Fri - telephone: 0800 953 0222

Essex County Council Children & Families Hub - telephone 0345 603 7627

Vita Health (16+) telephone - 0300 0152 966. Self referrals accepted

Family Lives Helpline - 0808 800 2222 askus@familylives.org.uk

IN AN EMERGENCY:

Call 999 or attend A&E
Samaritans telephone: 116 123





Multi-Agency Centre Harlow

Everyone needs a little support sometimes.
MAC Harlow is your one-stop shop for practical support, advice and guidance - whatever you're dealing with.
It's free and open to everyone - no referral needed.

- Housing, rent and council tax
- Budgeting and debt
- Work, education and training
- Volunteering
- Drugs and alcohol
- Benefits
- Social care
- Mental health
- Homelessness
- Domestic abuse

When: Last Thursday of each month, from 10am to 12pm
Where: Harlow Jobcentre CM20 1NA

Essex County Council · Department for Work & Pensions · citizens advice Harlow · mind in West Essex · Rainbow services · Changing Pathways · Safer Places

HARLOW BUILDING HARLOW'S FUTURE · integration support · S2H Streets2Homes · Peabody · PHOENIX FUTURES · openroad your journey to recovery · ESSEX POLICE Protecting and serving Essex

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Useful Resources

The Essex Safeguarding Children Board website has resources for parents and carers as well as professionals to enable them to fully support children and parents.
People can also follow the campaign on the ESCB Facebook page and https://x.com/EssexSafeguards .

Brook, is a leading Sexual Health and Wellbeing Charity for young people, with over 55 years' experience.

The 2 Johns specialise in delivering bespoke Child Sexual Exploitation Training to professionals, parents and children, with an aim to totally change the perception that everyone has of 'Stranger Danger'.

The Children's Society, whose CARE (Children At Risk of Exploitation) service works with children and young adults in Essex who are at risk of sexual and criminal exploitation, with partners Barnardo's offering family support.

The Essex Child and Family Wellbeing Service brings together a range of children's community services. Provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council and the NHS.

The Essex Violence and Vulnerability Unit supports direct work with young people at risk of violence, provide training and development to those who are on the front line and raise awareness with the general public about the dangers of County Lines.

The Ben Kinsella Trust We educate young people on the dangers of knife crime and help them to make positive choices to stay safe. Our workshops follow the journey of both the victim and the offender through a series of unique and immersive experiences to show young people how choices and consequences are intrinsically linked.

Our workshops change young people's attitudes to knife crime; debunking the myth that carrying a knife will protect you. They strengthen peer values; ensuring young people give better advice to each other and challenge peers who are carrying (or thinking of carrying) a knife.

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Who students can talk to at school

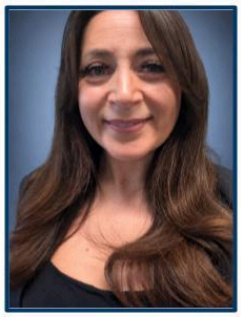
- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants

- Senior Leadership Team
- Email worrybox@hrs.education
- Mr S Emberton - Safeguarding Lead (Secondary Phase)
- Mrs H Grant-Bampton - Deputy Safeguarding Lead (Secondary Phase)
- Mrs J Hone (Primary Phase)
- Miss J Crawford (Primary Phase)

Problems outside school?
Worried or Frightened?
Concerned about a friend?

ALL STAFF ARE SAFEGUARDING TRAINED AND THERE ARE DESIGNATED STAFF IN SCHOOL WHO CAN HELP YOU

You can also speak to:
- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team



HRS Safeguarding



Mrs Grant-Bampton
Senior Safeguarding officer & Deputy Safeguarding Lead
Her office is in B Block, first floor B104, or ask for her in student reception or e-mail worrybox@hrs.education

Mr Emberton
Assistant Head Teacher & Safeguarding Lead
His office is in B Block first floor, B100 or ask for him in student reception, or e-mail worrybox@hrs.education

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Safeguarding at Helena Romanes School

We are here to help



If you are feeling **sad**, **upset**, **hurt** or **worried,** please talk to our team.







Miss Crawford
Deputy Safeguarding Lead
worrybox@hrs.education

Mrs Hone
Designated Safeguarding Lead
worrybox@hrs.education

Helena Romanes Child Protection Policy: Child Protection & Safeguarding Policy

Online safety advice & information for parents

Childnet - online safety Childnet - Childnet

Educateagainsthate provides practical advice and support on protecting children from extremism and radicalisation Educate Against Hate - Prevent Radicalisation & Extremism

NSPCC Online Safety for Children - Tips & Guides
Dedicated NSPCC helpline 0800 136 663
The helpline will provide both children and adults who are potential victims of sexual abuse in schools with the appropriate support and advice.
This includes how to contact the police and report crimes if they wish. The helpline will also provide support to parents and professionals too.
Dedicated helpline for victims of abuse in schools

Use of social media for online radicalisation - How social media is used to encourage travel to Syria and Iraq The use of social media for online radicalisation

UK Council for Internet Safety UK Council for Internet Safety

UK Safer Internet Centre UK Safer Internet Centre - Online Safety Tips, Advice and Resources | Safer Internet Centre

Commonsensemedia provide independent reviews, age ratings, & other information about all types of media for children and their parents Common Sense Media: Age-Based Media Reviews for Families

Internet Matters provide age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world Information, Advice and Support to Keep Children Safe Online

Let's Talk About It provides advice for parents and carers to keep children safe from online radicalisation Staying Safe Online

London Grid for Learning provides support for parents and carers to keep their children safe online Home Page - London Grid for Learning

Stopitnow resource from **The Lucy Faithfull Foundation** can be used by parents and carers who are concerned about someone's behaviour, including children who may be displaying concerning sexual behaviour (not just about online) Stop It Now! UK and Ireland | Preventing child sexual abuse

National Crime Agency/CEOP Thinkuknow provides support for parents and carers to keep their children safe online - https://www.thinkuknow.co.uk/

Net-aware provides support for parents and carers from the NSPCC and O2, including a guide to social networks, apps and games - https://www.net-aware.org.uk/
Apps, games and social media sites reviews for parents

Internet Watch Foundation The IWF is a not-for-profit organisation that works towards the global elimination of child sexual abuse images and videos online. We help to make the internet a safer place for children and adults across the world. https://talk.iwf.org.uk/

Parentzone provides help for parents and carers on how to keep their children safe online https://parentzone.org.uk/home

Parent info from Parentzone and the National Crime Agency provides support and guidance for parents from leading experts and organisations - https://parentinfo.org/

Breck Foundation The Breck Foundation is a charity founded by Lorin LaFave after the tragic loss of her 14-year old son, Breck Bednar, in 2014, through online grooming.
Breck was groomed while enjoying his passions of computing and gaming.
We want to ensure that no child is harmed through grooming and exploitation while enjoying their time on the internet. Prevention through education is essential.
About Us | Breck Foundation
Internet browsing history checks:
https://r1.dotdigital-pages.com/p/5D0Q-5XX/porn-websites?dm_i=5D0Q,AXHJ,3QY95R,18SAO,1

Parent guides to popular social media platforms

What is WhatsApp? A safety guide for parents | Internet Matters	https://www.internetmatters.org/advice/apps-and-platforms/social-media/instagram/	https://www.internetmatters.org/advice/apps-and-platforms/social-media/snapchat/
https://www.internetmatters.org/advice/apps-and-platforms/social-media/x-formerly-twitter/	https://www.internetmatters.org/advice/apps-and-platforms/social-media/tiktok/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/youtube-and-youtube-kids/
https://www.internetmatters.org/advice/apps-and-platforms/social-media/pinterest/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/twitch/	Telegram https://www.internetmatters.org/advice/apps-and-platforms/social-media/telegram-messenger/
https://www.internetmatters.org/advice/apps-and-platforms/social-media/signal/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/kick-streaming/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/onlyfans/

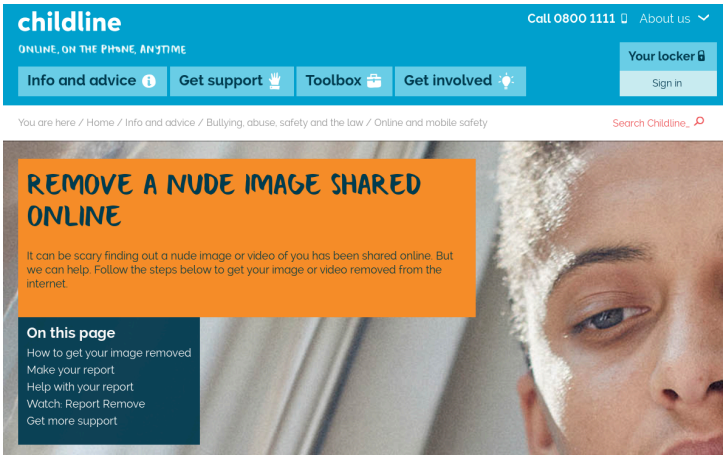
Parent guides to popular AI platforms:

https://www.internetmatters.org/advice/apps-and-platforms/entertainment/microsoft-copilot/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/chatgpt/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/google-gemini/
https://www.kidsaitools.com/en/articles/is-claude-ai-safe-for-kids	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/character-ai/	https://www.internetmatters.org/advice/apps-and-platforms/entertainment/meta-ai/

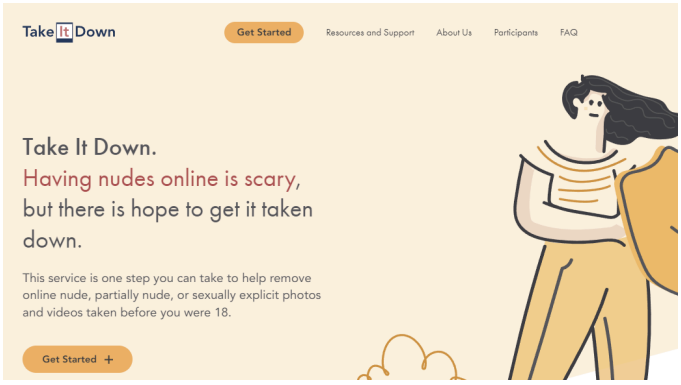
Under-18s who want nude pictures or videos of themselves removed from the internet can now report the images

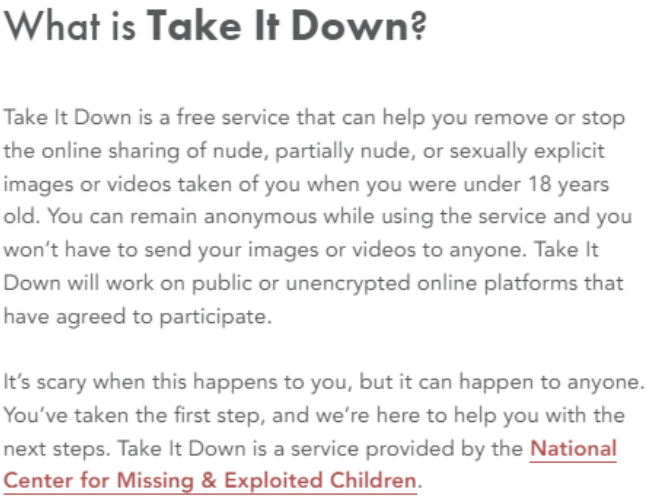
through an online tool.
The service - from the Internet Watch Foundation and Childline - aims to help children who have been groomed, or whose partners have posted photos of them online.





To access the Report Remove facility on the childline website please use the link below:
Report Remove: Remove a nude image shared online





https://takeitdown.ncmec.org/

CEOP

There is a button to CEOP on the school website:https://www.helena-romanes.essex.sch.uk/
CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.
This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you

- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP
www.ceop.police.uk/safety-centre

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Mental Health Support resources for parents

Exam Stress
The following link covers a wide-range of tips to keep students mentally healthy.
Supporting Your Child during Exam Time (Young Minds)
Exam Time & Exam Stress | Parents Guide To Support
Young Minds https://youngminds.org.uk/

SET CAMHS NHS Instagram
Essex CAMHS (@set_camhs_nhs) • Instagram photos and videos
Instagram account to provide advice and support to young people experiencing mental health issues. Please encourage your children to follow the account where they will be able to access early intervention advice and support.

MindEd is a free educational resource on children and young people's mental health for all adults: MindEd Hub

Safe and reliable advice about young people's mental health, created by experts and parents together:
Safe and reliable advice about young people's mental health, created by experts and parents together

NHS Mental Health Charities directory**:** Mental health charities and organisations

Parent zone 10 mental wellbeing apps for all the family:
https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family

Heads together Heads Together

Shout Shout: Home

The Mix The Mix - Essential support for under 25s

Kooth Kooth | Home

SAM - Anxiety management

HeadSpace - Meditation & Sleep

Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.

Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

'Breethe' - Meditation/Anxiety

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Safeguarding Support resources for parents

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by older students and their parents in West Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

Learn to drive a car: step by step - GOV.UK

Find driving schools, lessons and instructors - GOV.UK (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

Complain about a driving instructor - GOV.UK

Parent line family support: Parentline family support and bullying helpline

Domestic Abuse support: #ReachIn

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Welfare Support resources for parents

Essex Welfare Support Service: https://essexwelfareservice.org/

Essex Welfare Service (EWS)

The EWS, a service to help vulnerable people in the community in need of support and unable to access it at this time: essexwelfareservice.org Parents are able to 'self-refer' if they are experiencing difficulties

EWS Contact details:

Phone: 0300 303 9988
Email: provide.essexwelfareservice@nhs.net
Website: essexwelfareservice.org
Opening hours: Monday to Friday, 8am to 7pm Saturday and Sunday, 10am to 2pm

Uttlesford Frontline support.

Frontline is a community project to help you and frontline workers to quickly find health and wellbeing services in your local area.

Services available
The Frontline has information on services for:

- families
- older people
- mental health and psychological support
- transport
- health and wellbeing
- disability support
- addiction help

How it works
You can refer yourself through the website or app or speak to someone who can refer you through to an appropriate service.

Website
Go to the Uttlesford Frontline website - Uttlesford Frontline

Telephone
Telephone: 01799 618855

Email
Email: info@frontlinereferrals.org.uk

Address
Frontline Referrals
Barnards Yard
Essex
CB11 4EB

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