If you have concerns about a child you can refer them online at: https://www.doncasterchildrenstrust.co.uk/worried-about-a-child by using the online form or alternatively ring **01302 737777**. If there is an immediate risk of hard you should contact the police on **999**.

You can also call the NSPCC helpline for advice and support if you have concerns about a child on **0808 800 5000**.

The National Domestic Abuse helpline on **0808 2000 247** or the Doncaster Hub on **01302 737080.**

If you are in immediate danger, call **999** and ask for the police.

https://www.stopitnow.org.uk/

Information and advice on concerns about someone's behaviour, including children who may be displaying concerning sexual behaviour.

Co-Parenting?

https://cafcass.clickrelationships.org/

Talk Pants Guide for Parents

https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf

A guide on age-appropriate conversations to help protect your child.

A series of parent guides for keeping your child safe when using various games consoles, websites and apps as well as having conversations with your child about online safety.

https://nationalonlinesafety.com/guides

Online Safety

National online safety has a series of parent guides for keeping your child safe when using various games consoles, websites and apps as well as having conversations with your child about online safety.

If you are concerned that your child may be subject to online abuse, or you are worried about the way someone has been communicating with your child online -
https://www.ceop.police.uk/ceop-reporting/

Childnet has developed guidance for parents and carers to begin a conversation about online safety as well as guidance on keeping under-fives safe online.

https://www.childnet.com/

UK Safer Internet Centre provides tips and advice for parents and carers to keep children safe online. You can also report any harmful content found online through the **https://www.saferinternet.org.uk/advice-centre/parents-and-carers**

Lets Talk About It

Online Exploitation is often hard to recognise. Sometimes there are clear warning signs- other cases the changes are less obvious

https://www.ltai.info/staying-safe-online/

Resources and government advice for parents and carers on keeping young people safe from extremism.

https://educateagainsthate.com/parents/

Mental Health

Tips, advice and where to get support for your child's mental health and activity ideas for use during isolation.

https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/

They also have a text support service for young people to speak directly to a trained volunteer 24/7 – Text YM to 85258. If you have concerns about your child's mental health call Young Minds' free Parents Helpline on 0808 802 5544 for confidential, expert advice.

This website helps parents to spot the signs of poor mental health in their child and it also explains what you can do to help.

https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/

This website gives simple and practical advice to support your mental health and wellbeing, including advice on looking after children and young people.

https://www.internetmatters.org/resources/

The Covid hub has been set up for supporting people who are struggling. They can provide food parcels for families who need them. The contact number is **01302 430300.**