

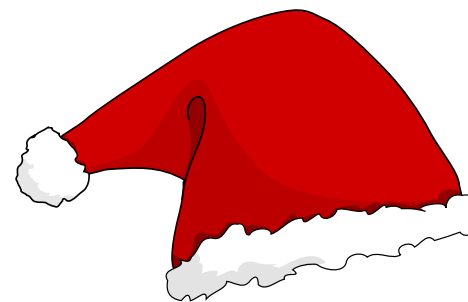


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## Local Christmas Support

- **Bolton Together Parent Peer Support** If you have struggled over the Christmas period, this support available from January may be useful. You can self-refer here <https://bolton-together.org.uk/parent-peer-support-referral/>
- <https://www.boltoncvs.org.uk/>
- <https://letskeepboltonmoving.co.uk/>
- **Urban Outreach** will be open on the 27th and 29th December for food and utility top ups.
- **Bolton at Home** have Christmas activities <https://www.boltonathome.org.uk/bolton-at-home-news/free-activities-for-you-and-yours-this-christmas-2023-6000/>
- **Bolton HAF** <https://www.bolton.gov.uk/HAF>





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## Christmas Support

- **Mind Christmas coping tools**

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

- <https://www.youngminds.org.uk/parent/blog/how-to-help-your-child-if-christmas-makes-them-anxious/>

- <https://www.youngminds.org.uk/young-person/blog/five-helpful-reminders-if-you-find-christmas-difficult/>

- **Crisis coping tools**

<https://www.mind.org.uk/need-urgent-help/>





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# Christmas Support - Helpline Numbers

- **Greater Manchester Mental Health Crisis line**  
<https://www.gmmh.nhs.uk/247-helpline/>  
**0800 953 0285**
- **Samaritans** <https://www.samaritans.org/>  
**116 123**
- **Shout** <https://giveusashout.org/>  
**85258**
- **Papyrus** <https://www.papyrus-uk.org/>  
**0800 068 4141**





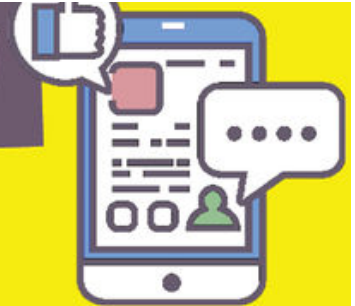
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Is your child getting a phone for Christmas?  
Find out how to keep them safe and well online here

## WHAT I WISH MY PARENTS KNEW

## ABOUT ONLINE SAFETY...



### TALK TO YOUR YOUNG PERSON

Help spot the signs of cyberbullying and harmful content by becoming your young person's trusted adult. Make sure to ask the right questions, such as:

- Is there anything worrying you online?
- Has anybody asked you for your personal information?
- Are you sure that you know who you are talking to online?

### PASSWORDS

Make sure that all apps and website logins have secure passwords. A strong password will have the following:

- Three random words, such as cupfishbiro
- Random uppercase letters
- At least one number
- At least one special character, such as a full stop or comma
- Example – **CupFishBiro8!**

You can also set up two-factor authentication (2FA), which means that every time you enter a password, you'll need to enter a unique one-off code that will be sent via text message or email before you can log in.

As a parent, you can set your mobile number for the 2FA, meaning that your young person won't be able to sign into a service or buy something online without you knowing.



### SHARING PERSONAL INFORMATION

When sharing personal information or making payments on any websites or apps, check that there is a closed padlock in the address bar next to the website address.

This means that your connection to that website is secure. It does not guarantee that the retailer is legitimate. If the padlock is not there, then do not use the website.

### FAMILIARISE YOURSELF WITH PARENTAL CONTROLS

Parental controls allow you to decide what websites and apps your young person can access. You can set limits on how long they can spend on their device and monitor how they use it.



The '**Google Family Link**' app is a Uswitch recommended parental control app and is available for free on Apple and Android phones.

### FOR FURTHER SUPPORT

**Kooth** is a free, anonymous live chat service. Visit [Kooth.com](https://www.kooth.com)

**Childline** counsellors take calls 24/7 for any young people's worries. Call **0800 1111**

**Bekindtomymind** has a directory of local services and support. Visit [bekindtomymind.co.uk](https://www.bekindtomymind.co.uk)