Anti-Bullying Week – November 2025
Power for Good

This year Anti-Bullying Week falls on the **10th– 14th November,** with the theme: **Power for Good.** The campaign raises awareness of empowering children and young people to do something positive to counter the harm and hurt that bullying causes.

Research shows that 30% of children have been bullied in the last year alone, with approximately one child in every classroom experiencing bullying each day. Bullying has a significant impact on a child's life in regard to school attainment and this can last into adulthood such as experiencing a range of mental health issues.

The theme Power for Good includes being able to speak out and raise awareness when children and young people see bullying face to face or online, support others and build a world where kindness wins.

The week will kick off with Odd Socks Day on Monday 10th, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.

Parent & Carers
A resource pack which will help parents and carers start conversation about bullying with a child or young person. Contains how to spot the signs of bullying, how to support if child is being bullied or is bullying others, conversation starters and activities. **Click here: Parents and Carers**

Helplines, resources & support

- **Urgent Help Mental Health Crisis Line –**The North Central London 24-hours crisis line has a team of trained mental health advisors and clinicians who provide help or advice for young people aged under 18 in a crisis **– 0800 151 0023**
- **Barnet CAMHS –** Duty team for young people already known to services, Monday – Friday between 9am- 5pm, young people or carers can telephone for support – **020893827**
- **Barnet Integrated Clinical Services (BICS) – Is a non-emergency service that** provides services to children, young people and families with mild to moderate mental health needs in the borough including unaccompanied asylum-seeking children and youth justice liaison & diversion. Professionals working with young people can get in touch to receive advice and make a referral. Contact BICS@barnet.gov.uk for general enquiries or call 0208 359 3130 (Monday to Friday between 9am-5pm)
- **Barnet Young People Thrive Talking Therapy –** A programme delivered by Young People Thrive, CB Plus to support 17- to 25-year-olds facing mild to moderate mental health challenges, including those struggling with university, life

or work pressures and social challenges. It includes CBT-based webinars, group sessions and 1-2-1 interventions. Click here to find out more

- **Waiting Room** is a website that provides mental health and wellbeing information for children and young people, adults, parents and carers, and professionals based in North Central London. We offer information, resources, and support services. The North Central London Integrated Care System (NCL ICS) covers five London boroughs: Camden, Islington, Barnet, Enfield, and Haringey.
- **Mermaids (mermaidsuk.org.uk)** Supporting trans, non-binary and gender-diverse children, young people and their families since 1995
- **Brook Healthy Lives for Young People** is a free and confidential sexual health advice service.
- **Change Grow Live** is a free and confidential service for young people up to 24. Provides help and advice with challenges young people facing in everyday life such as issues with drugs and alcohol mental and sexual health.
  Phone: **0300 303 2866** |Email: **Barnet.Info@cgl.org.uk** | Webchat: Our webchat is for young people under 25 looking for advice and info. Speak to our online team.
- **Young Minds** provide free help and advice for young people, parent/carers and professionals working with young people. Includes a chat service for parent/carers, resources for professionals and mental health advice for young people on a range of topics. Phone: Parent/Carer Helpline: **0808 8025 544** | Monday – Friday 9.30-4.00pm
- **SHOUT** is the UK's first and only free, confidential 24/7 text messaging service for anyone who is struggling to cope. To start a conversation **text 'Shout' to 85258** and trained shout volunteers are here to listen any time and messages won't appear on your phone bill.
- **Childline** is a free, confidential service where children and young people under 19 can talk about any issue they're going through, online or on the phone. Call 0800 1111, **email** or through **a 1-2-1 counsellor chat**
- **HOPELINEUK | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)** If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.
  Call: 0800 068 4141 Text: 88247 Email: pat@papyrus.uk.org
- **North Central London - Amparo** Support after suicide service for people who have been bereaved by suicide who live, work or study in the London boroughs of Camden, Islington, Barnet, Enfield and Haringey
- **Talk to us on the Phone | Samaritans** **Call 116 123 for free**
- **Stem4** has created five evidence-based apps to support young people with challenges such as anxiety, low mood, body image and self-harm – These health management resources make support more accessible and tailored to individual needs. Please note they function as an aid in treatment but do not replace it.

Support in educational settings

- **Kooth for students and Qwell for all staff in education**. Both services are run by qualified counsellors and are completely confidential.
- **Suicide-Safer Schools Guide - PAPYRUS** has developed a guide to support teachers and school staff in building suicide-safer schools. The guide, which is downloadable on their webpage, provides school staff with an understanding of the most effective strategies to implement and to create a suicide-safer environment. The material in the guide is designed for secondary school and college teachers and staff, but can be adapted for younger children too- **Click here**
- **Self-Harm Management Tool Kit -** This toolkit from Essex, Southend on Sea and Thurrock councils in collaboration with the NHS is to support those working with school-age children and young people under 18 in educational settings **– Click Here**
- **Health Education Partnership** are commissioned by Barnet Public Health to support Primary and Secondary schools deliver effective PSHE curriculum.– **Click**

here to find out more or email Tania Barney **tania.barney@healtheducationpartnership.com**

- **The Peer Champion Scheme** is commissioned by Resilient Schools which includes mental health awareness training and a half-day co-production workshop so that young people can design the scheme to fit the needs of their school. Click here to find out more
- **If you would like to learn more about the Resilient Schools Programme, and how to promote a whole school approach to mental health wellbeing, please contact Jayne Abbott – Jayne.abbott@barnet.gov.uk**

Training and awareness

- **Resilient Schools** provides **Youth Mental Health Training and Suicide Prevention training opportunities for school staff in Barnet to support young people**
- If you would like to join the cohort this year, please **click to see our promotional leaflet** or contact **info@bdld.org.uk** to book your free place for **Youth Mental Health Training**.
    - Part of the YMHFA Training offer includes webinars for professionals to choose a topic to enhance their practice in supporting CYP**. Click here to shape the next webinar.**
- **Suicide Prevention** half-day training delivered by Papyrus will allow you to learn vital suicide prevention skills such as holding open and honest conversations, identifying signs of struggle and how to support someone's safety.
    - **Thursday 20th November 2025** (Online: 9.30am-1pm) **sign up by clicking here**
    - **Wednesday 18th March 2026** (Online: 12.30-4pm) - **sign up**
- **BICS** deliver groups and workshops throughout the year when Barnet families need them. **Click here to find out more**
  In addition BICS have several upcoming **'trainer the trainer'** sessions on a range of topics at 12pm and 4pm which include:
    - ***The Teenage Brain*** – 26 November 2025
    - ***Barriers to Good Mental Health & Self-Care Strategies*** – 14 January 2026
    - ***Stress Management for Whole School Communities*** – 22 April 2026
- **Thrive LDN** developed a film Connects which invited people to write a message of hope for someone who may be finding things difficult. – Click **here** to watch the video and **click here for the discussion guide**
- **Zero Suicide Alliance Training** **is a FREE 20-minute online training that can be accessed by the whole school community including parents/carers. The training** helps you to more confident in supporting people you are worried about and provide a whole school approach to suicide prevention. The Suicide Prevention training aims to give skills and confidence to help someone who maybe considering suicide. It focuses on breaking stigma and encouraging open conversations. **– Click here**
- **For further information on supporting yourself or others, please visit https://www.nhs.uk/conditions/suicide/**

Articles of interest

Barnet's Suicide Prevention Campaign 'may have helped save 10 lives', finds Middlesex University report | Barnet Council