

A guide to support available

As a school, we are incredibly proud of how you have adapted to the unprecedented situation we all found ourselves in. This period, however, has lasted little more than a term which is more than anyone would have expected on 23rd March. This time could have been very difficult for you not having regular contact with your friends, teachers or family. Being at school is not solely about achieving your GCSEs; it is about learning to become articulate, responsible, and confident individuals ready to take on the world. Under normal circumstance we would have had day to day contact with you which would have allowed you to voice your concerns or issues and gain support from school or outside agencies.

Below, we have set out a list of some fantastic organisations offering guidance and help to young people.

Please do not hesitate to get in touch with us if you need any advice or support. We wish you all the very best for this summer.

| Reason | Company | What they do | How to contact them |
|-----------------------------------|--------------------------|---|--|
| Physical and Mental Health | Samaritans Self Help App | Keep track of how you are feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis | <p>Link to launch the app: https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/</p> <p>Call free, any time, from any phone, on 116 123</p> <p>Email: jo@samaritans.org (Response time 24 hours) Write: Chris Freepost RSRB-KKBY-CYJK PO Box 9090 STIRLING FK8 2SA</p> |

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| | One Space | <p>They offer direct access to the organisations' combined resources for young people aged 13 to 25 from one webpage.</p> <p>They also give one-click access to immediate one-to-one support by phone and text, webchat, and peer support.</p> <p>It is supported by a 24/7 crisis text support service, available for free by texting OneSpace to 85258.</p> | <p>Website: https://onespaceto.org/</p> <p>I want to have a text conversation now: Text One Space to 85258</p> |
| | Eating Disorders Support Services | Use your postcode to find local services | <p>Website: https://www.nhs.uk/service-search/other-services/Eating%20disorder%20support/LocationSearch/341</p> |
| | BEAT Eating Disorders | <p>Helplines Online Support Groups, Message Boards One to One Webchat Help finder Echo Peer Coaching</p> | <p>Website: https://www.beateatingdisorders.org.uk/coronavirus</p> <p>Helpline: 0808 801 0677 Studentline: 0808 801 0811 Youthline: 0808 801 0711</p> <p>365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.</p> <p>One-to-One Web Chat: https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one</p> |

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| Somebody has died | Child Bereavement UK | Confidential information and support line | Telephone: 0800 02 888 40 Website: www.childbereavementuk.org |
| | Cruse Bereavement Care | Hope Again: A special feature of this site is a message board where young people can share their experiences and receive replies from trained young supporters. | Freephone National Helpline: 0808 808 1766 Website: www.cruse.org.uk Hope Again Website for young people: www.hopeagain.org.uk |
| | Winston's Wish | A website with activities for children and young people and facility to ask questions of a trained clinician. They also have a Family line. | Family Line Telephone: 08088 020 021 Website: www.winstonswish.org.uk |
| Need to speak to someone | Shout | Free, confidential support, 24/7 via text. It is the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere. Shout is available in England, Scotland, Wales and Northern Ireland | Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer. |
| | Childline | Provides a helpline for any child with a problem | Telephone: 0800 1111 any time for free Have an online chat with a counsellor https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/ Check out the message boards: https://www.childline.org.uk/get-support/message-boards/ |

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| | The Mix | Free confidential helpline and online service that aims to find young people the best help, whatever the problem. | Website: https://www.themix.org.uk/ Telephone: 0808 808 4994 for free – lines are open from 11am to 11pm every day Access the online community Link to email: https://www.themix.org.uk/get-support/speak-to-our-team/email-us |
| | The Lily-Jo Project | Mental Health and wellbeing support.... free online resources for young people. | https://www.thelilyjoproject.com/on-track-high-schools/ |
| | Carlisle Eden Mind | Mental Health Support | 01228 543354 www.mind.org.uk |
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What to do with my time?

The coronavirus (COVID19) outbreak is going to have an impact on everyone's daily lives. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes. The way that we think, feel, and behave vary between different people and over time. It is important that you take care of your mind as well as your body and get further support if you need it.

A few tips:

KEEP IN CONTACT

Think about how you can stay in touch with friends and family.

TALK ABOUT YOUR WORRIES

It is quite common to feel worries, scared or helpless about the current situation.

HELP AND SUPPORT OTHERS

It can make you feel better too.

SLEEP

Good-quality sleep makes a big difference to how you feel mentally and physically.

PHYSICAL WELLBEING

Try to eat healthy, well-balanced meals. Drink enough water and get some exercise.

DAILY ROUTINE

Make sure you have one. Do things you enjoy, set goals and keep your mind active.

RELAX

Take time away from social media and focus on the present