

**John Spence Community High School
Wellbeing drop in**

Resource list

One resource which is particularly useful has been provided by the NHS (Every Mind matters) and is available for students and parents via this link: [EVERY MIND MATTERS](https://www.nhs.uk/every-mind-matters/) (https://www.nhs.uk/every-mind-matters/)

Self-care is really important in managing your wellbeing and mental health. This will mean different things to different people.

We know that lots of you already have positive coping strategies in place and now may be a good time to revisit these or try something new. If you do feel the need to talk to someone please speak to those around you who may be able to help, including family and friends.

We have attached some resources for both students and parents below with advice on managing mental health both generally and in relation to Covid 19.

Please also see the following website which has lots of excellent resources from challenging negative thoughts to goal setting, letting off steam to relaxation techniques.

<https://www.annafreud.org/on-my-mind/self-care/>

You may also want to try **Kooth.com** which is a free, online counselling service.



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

<https://www.kooth.com/>

If you feel your mental health is really suffering, please make an appointment with your GP.

If you are in crisis, please phone 111 or Samaritans (free) on 116 123.

Other useful helplines:

Acorns Project helps those who are worried about relationships and abuse. Text 07712 862 858, Telephone 0191 349 8366, Email admin@acornsproject.org.uk or visit their website on <https://www.acornsproject.org.uk/>

NSPCC – Child Protection Helpline provides advice to adults and children about child protection concerns. You can phone them on 0808 800 5000 or visit their website at <https://www.nspcc.org.uk/>

Mental Health Apps:

To look after your mental health, it would be worth visiting the websites below which may be of use to you. Some have excellent apps that will help you with mindfulness, relaxation and coping with stress.

Calm www.calm.com

Headspace www.headspace.com

Childline <https://www.childline.org.uk/>

Safeguarding:

The vast majority of you live in happy, caring homes. However, if there is ever a time when you don't feel safe at home or if you know someone else who is not safe at home then you need to know that you can contact people who can help.

It's important that you tell someone if you are worried about yourself or a friend.

Please contact Front Door if you have concerns about a child.

North Tyneside Front Door

0345 2000 109 - Monday to Thursday 8.30am – 5.00pm, Friday 8.30am – 4.30pm.

Out of hours - 0191 200 6800

**For students and parents who require bereavement support outside of school,
we recommend the websites below:**

www.childbereavementuk.org/

www.griefcounter.org.uk/

www.kooth.com

www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/