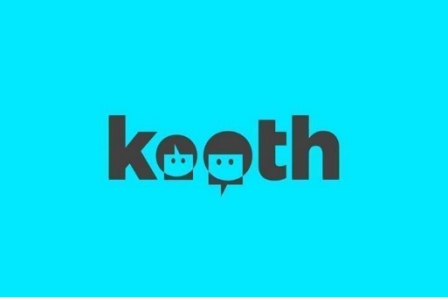




Pupil Wellbeing Services

If you do experience any problems over the coming weeks for whatever reason, or if you currently receive counselling in school. There are still services available to you.

<u>Kooth</u>	<u>YoungMinds</u>	Other websites with specific advice
		
<p>Kooth is a web based confidential support service which provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.</p> <p>Counsellors are available via instant messaging from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. You can also access regular booked online counselling sessions as needed. Outside these hours you can message them and get support by the next day.</p> <p>When you register with Kooth you will also get support from articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.</p>	<p>Youngminds is a national charity promoting mental health.</p> <p>If you need support, you can text YM to 85258 and you will be contacted by trained volunteers who are supported by experienced clinical supervisors</p>	<p>There is also a range of websites available which have specific advice about the current situation and any issues you may have:</p> <p>https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</p> <p>https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</p> <p>Childline also has a useful practical section on how to deal with anxiety and stress:</p> <p>https://www.childline.org.uk/toolbox/calm-zone/</p>