

WOOTTON ACADEMY TRUST

27th March 2020

Wellbeing Resources

We understand that the uncertainty of the current situation may be causing you to feel more worried or anxious than usual. During times like this, it is important to look after your mental health and wellbeing. As such, we have outlined a number of resources which you can access should you feel the need for further support.

Childline – Coronavirus: What to do if you are worried

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Ring 0800 1111 or visit their website www.childline.org.uk

NSPCC - If you're worried a child may be struggling with their mental health or has anxiety about coronavirus

https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30

Mind – Things you can do to support your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Rethink – Managing your mental health during the coronavirus outbreak

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

OCDUK - OCD and Coronavirus Survival Tips

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

Chathealth – School Nurse text support service

Text 07507331450 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays).

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Samaritans - 24 hour confidential listening and support for anyone who needs it. (Parents/carers included)

Email - jo@samaritans.org

Phone 116 123 (24 hours)

Kooth – Online free counselling service for children and young people

www.kooth.com

Young Minds – Crisis Messenger Service

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If a young person is experiencing a mental health crisis and need support, they can text YM to 85258.

The crisis messenger service can help with urgent issues such as:

- ❖ Suicidal thoughts
- ❖ Abuse or assault
- ❖ Self-harm
- ❖ Bullying
- ❖ Relationship issues

A free and confidential to text service from the following major networks: EE, O2, Three and Vodafone.

In addition to the resources outlined above, please remember that the staff of Wootton Academy Trust are available to support you as necessary. Please do not hesitate to get in touch.