

MENTAL HEALTH & WELLBEING SUPPORT

Mental Health & Wellbeing Support for Students, Parents and Carers.

SUPPORT FOR STUDENTS

- Online mental Wellbeing community. Free, safe and anonymous support: <https://www.kooth.com/>
- Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- Essential support for under 25s/Free counselling: <https://www.themix.org.uk/> OR CALL [0808 808 4994](tel:08088084994)
- <https://papyrus-uk.org/>: Prevention of young suicide
- The school counsellors are still available for online sessions and catch-ups. Please ask tutors for details.
- Childline Online, on the phone, anytime: <https://www.childline.org.uk/> OR CALL [08001111](tel:08001111)

SUPPORT FOR PARENTS AND CARERS

- Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic : <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>
- Leading Mental Health charity: <https://www.mind.org.uk/coronavirus-we-are-here-for-you/>
- For women and children experiencing domestic violence: <https://www.refuge.org.uk/our-work/our-services/one-stop-shop-services/athena/>
- Freephone 24-Hour National Domestic Abuse Helpline: [0808 2000 247](tel:08082000247)
- Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year: <https://www.samaritans.org/> OR Call for free on 116 123
- Supporting your child during the crisis: <https://www.annafreud.org/coronavirus-support/coronavirus/>

YOU CAN ALSO REACH US ON 020 829 77 060 . WE WILL GET
YOU IN TOUCH WITH ONE OF OUR SCHOOL COUNSELLORS.

IN CASE OF EMERGENCY, CALL 999.