



The School Wellbeing Service

The school wellbeing service has lots of useful links and resources and App's for support. These include support for young people with emotional and mental health needs. The websites also has some links to very useful parenting support and parenting courses.

- <https://www.yor-ok.org.uk/sws.htm>



Kooth

Kooth is a digital free, safe, confidential, and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line. Kooth delivers 1000's of counselling sessions each year in Local Authorities across the UK. Available weekdays 12pm until 10pm and weekends 6pm-10pm, 365 days per year, it provides a much needed out of hours' service for advice and help.

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



Charlie Waller Memorial Trust

Charlie Waller Memorial Trust teach people how to look after their mental health. They use a practical, positive and proven approach. They publish free resources for professionals, parents, young people and others interested in mental and emotional wellbeing.

- www.cwmt.org.uk/



Recovery College

Recovery College is a useful online resource with general advice, support, and strategies for a wide range of mental health and wellbeing issues.

- www.recoverycollegeonline.co.uk/young-people/



Childline

Childline provide lots of useful support materials and information for children and young people up to the age of 19. They also offer an online counselling service and telephone support.

- www.childline.org.uk/



Sleep Council:-

The sleep council has information on sleep hygiene. It provides information on sleep patterns to include how to get a better night's sleep.

- www.sleepcouncil.org.uk/



York Mind

York Mind's Young People Project is offering services to young people aged between 11-21 years old. These include a Telephone Drop-In and a Telephone Mentoring Service.

- www.yorkmind.org.uk.



NSPCC

NSPCC has lots of useful resources around Mental Health.

- <https://www.nspcc.org.uk/keeping-children-safe/>



Child Bereavement UK

Has online information on supporting pupils with issues surrounding bereavement.

- <https://www.childbereavementuk.org/coronavirus-supporting-pupils>



Wellbeing Apps



Headspace

A meditation app that acts as a personal guide to health and happiness



Mindshift

A free app designed to help teens and young adults cope with anxiety.



MoodGym

An online cognitive behaviour therapy program for depression and anxiety



Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles



Happify

Turns the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.



Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life



Calm Harm

An app that helps young people manage the urge to self-harm.



Calm

Meditation techniques to aid with stress and sleep.



What's Up

Utilising some of the best CBT methods to help you cope with Depression, Anxiety, Anger, Stress and more



My 3

Help yourself and reach out to others if you are having thoughts of suicide.



MoodKit

Uses CBT principles to help with low mood and anxiety.



SAM

SAM is an app to help you understand and manage anxiety



Chill Panda

Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.



1 Giant Mind

This app is for anyone who wants to feel less stressed, more calm and present and experience greater health and well-being.



Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



Me2

MeeTwo is a free fully moderated app for young people, which provides peer support and expert help



Useful telephone numbers



Police

Does it feel like the situation could get heated or violent very soon? Is someone in immediate danger? Do you need support right away? If so, please call 999 now.



Limetrees Clinic (CAMHS): Single Point of Access

You can contact a **Single Point of Access (SPA)** at Lime Trees to contact our local CAMHS service. You will be offered a 30-minute telephone conversation, during which you may be sign posted to a different appropriate service or you may be offered a face to face assessment at Lime Trees.

Call: 01904 615345



Young person crisis line

If a child or young person is in crisis, the mental health crisis team will be able to offer advice and support between the hours of 10.00 am and 10.00pm. The service is for young people under the age of 18 years who present following an episode of deliberate self-harm, acute and uncontained emotional distress or display high levels of risk taking behaviour requiring immediate attention in the community. The children and young people's crisis team is provided by TEWV, and their phone number is:

Call: 0800 051 6171



SHOUT

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

Text: 85258



NSPCC

The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. We're here if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance.

Call: 0808 800 5000



Safeguarding:-

If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi Agency Safeguarding Team (MASH) on:

Call: 01904 551900

- Option 1 if you have an allocated Social Worker or know the name of who you want to speak to
- Option 2 if you would like to speak to the Early Help team about support for your family

If outside of Office hours, phone the Emergency Duty Team on 01609 780 780



Archbishop Holgate's School

Wellbeing resources

