

Supporting Wellbeing - Helplines

We believe that in these unprecedented times, it is extremely important that students' and parents' wellbeing continues to be supported by the school. Whilst the school is closed, all students will continue to be able to seek support for a wide range of issues. Listed below is a comprehensive list of charities and websites that we hope will be useful. Many of these sites are offering specific information on how coronavirus may have an impact on particular mental and physical health issues.

Please do keep the school up to date with how you are doing, by emailing your Head of Year or the safeguarding team – although staff may not be in school, we will be monitoring our emails daily.

Anyone who is need of immediate medical attention should call 999. Anyone in crisis can text **SHOUT** to 85258 to access support from trained volunteers 24/7.

Please look after yourselves, and each other. Remember you are not alone, and that even when the school is closed, we are here to support you.

Student Helplines

Anxiety UK (for help, resources and information on anxiety)

www.anxietyuk.org.uk

Association for Child and Adolescent Mental Health (for help, resources and information)

<https://www.acamh.org/learning/>

Babble Carers (online community for young carers)

www.babble.carers.org

B-eat (for help, resources and information on eating disorders)

<https://www.beateatingdisorders.org.uk>

Be Mindful (for mindfulness/meditation/calming tools)

www.bemindful.co.uk

Bullying (practical information and advice)

www.bullying.co.uk

Calm (charity aiming to help men's mental health)

<https://www.thecalmzone.net/> or call 0800 58 58 58

Carers UK (information and advice for carers of all ages)

www.carersuk.org or call 0808 808 777

Childline (free and confidential helpline providing telephone counselling for any child with a problem)

www.childline.org.uk or call 0800 1111

Children's Society (help, blogs and resources on current issues for children and families)

<https://www.childrensociety.org.uk>

Childhood Bereavement Network (information and resources to support bereavement)

www.childhoodbereavementnetwork.org.uk

Grief Encounter (support and online counselling for people experiencing bereavement)
www.griefencounter.co.uk or call 0808 802 0111

Hope Again (helping young people come to terms with bereavement and to deal with their feelings)
www.hopeagain.org.uk

Kidscape (information and advice on all types of bullying)
www.kidscape.org.uk or call 08451 205 204

National Centre for Eating Disorders (confidential counselling service for people with eating disorders)
www.Eating-disorders.org.uk or call 0845 838 2040

National Self-Harm Network (support for people who self-harm to find support and alternatives)
www.nshn.co.uk

Papyrus (helpline for young people)
www.papyrus-uk.org or call 0800 068 41 41

Place2Be (issue specific resources/helplines)
www.Place2be.org.uk

Royal College of Psychiatrists (resources on mental health)
www.rcpsych.ac.uk

Samaritans (helpline providing assistance for anyone struggling/distressed)
www.samaritans.org or call 116123

Selfharm.co.uk (a safe place to talk and get advice)
www.selfharm.co.uk

Student Listeners (Cranbrook School's student peer listening service)
www.studentlisteners.com

Switchboard (lgbt+ advice and mental health hotline)
www.switchboard.lgbt or call 0300 330 0630

The Mix (resources and online support on sex, relationships, drugs, mental health, money and jobs)
<https://www.themix.org.uk/get-support>

Think You Know (online safety advice for students)
<https://www.thinkuknow.co.uk>

Young Minds (young people's mental health charity)
www.youngminds.org.uk

Youth Access (information and advice for 12-25 year olds)
www.youthaccess.co.uk

Youth 2 Youth (confidential and anonymous support via helpline and online chat)
www.youth2youth.co.uk or call 020 8896 3675

Winstons's Wish (online support and information on dealing with bereavement)
www.winstonswish.org or call 08088 020 021

7 Cups of Tea (online counselling service)

www.7cups.com

Useful Apps

Headspace – Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness

Calm Harm – A free app to help teenagers manage self-harm

Mee Two – regulated, confidential app for teenagers to, safely, discuss their worries

Calm – For meditation and sleep

Parent Helplines

In addition to all the above sites, the following charities have support and resources specifically aimed at parents.

British Association for Counselling and Psychotherapy (information on how to access private and NHS therapists)

www.bacp.co.uk or call 01455 883 300

The Counselling Directory (regulated directory of private therapists)

www.counselling-directory.org.uk

F.E.A.S.T (for help, resources and information aimed at parents on eating disorders)

<https://www.feast-ed.org/family-guide-series/>

Kent Resilience Hub (for information and resources on promoting positive mental health)

www.kentresiliencehub.org.uk

NSPCC (helpline for adults concerned about a young person, as well as help for families overcoming abuse)

www.nspcc.org.uk or call 0800 800 5000

Mind (support for adults and parents experiencing mental health problems)

www.mind.org.uk or call 0300 123 3393

Sane (emotional support for anyone affected by mental health problems)

www.sane.org.uk or call 0845 767 8000

Think You Know (online safety advice for parents)

<https://www.thinkuknow.co.uk/parents>

Young Minds (help and resources for parents on a wide range of mental health issues)

www.youngminds.org.uk or call the parents helpline 0808 802