

# SUPPORT HACKS

## REACH OUT

Asking for help can feel difficult. Knowing who is available can help to ease our worries.

Sharing our thoughts and feelings can help to make them feel a little lighter.

## HELPLINES

There are many organisations that can offer help and support to young people.

- Shout - Text 'Shout' to 85258. 24/7, free and confidential.
- Talk Well - Live Chat [www.letstalkwell.org.uk/talkwellchat](http://www.letstalkwell.org.uk/talkwellchat) Sunday - Thursday, 5pm - 9pm, free and confidential
- Childline - Counsellor Chat [www.childline.org.uk/get-support/1-2-1-counsellor-chat](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat) or call 0800 1111. 24/7, free and confidential.



## WEBSITES

YOUNGMINDS

Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)  
Help and advice for young people on many different topics that can impact our mental health



Mind - [www.mind.org.uk/for-young-people](http://www.mind.org.uk/for-young-people)  
Information for 11-18 year olds about mental health and the support available

## APPS

Clear Fear - to support you to manage anxious thoughts and feelings.



Calm Harm - to help you to manage the urge to self-harm



Move Mood - to support you to move towards a positive mindset and to aid your motivation



## SCHOOL NURSE

You can drop by to see the school nurse on Mondays at lunch time in Sanctuary 2.

You can also send a text message to the school nursing team on 07507333351. This service is available Monday to Friday from 9am to 4.30pm, excluding bank holidays. Someone will usually get back to you within 24 hours.

## SCHOOL STAFF

You can speak with any member of school staff about your thoughts and feelings. We also have a school Wellbeing Team who are available to provide some extra help when things feel tough. They are based in The Sanctuary. They offer a student drop in at break time.



No problem is too big or too small to talk about. We are here to listen.