

Support for students

What support can I get?

Finding the right support isn't always easy, especially if you're not feeling well, but it's important to remember that there are lots of places you can find help. You're not alone, and you deserve support.

Face-to-face support

Your doctor - Doctors can give you a safe space to talk and answer any questions you have. They can also:

- give you information
- offer you support and treatments (such as counselling and medication)
- refer you to a specialist mental health service, such as Child and Adolescent Mental Health Services (CAMHS).
- See our page on visiting your doctor for more information.

Your school – You can speak to your AM, HoH, a member of the safeguarding team or you could ask a teacher or a member of staff you trust. You can also email the school counsellor on counselling@dittonparkacademy.co.uk

Family or friends - Close friends or family can sometimes be really helpful and comforting. They can:

- listen to you
- be there to support you with how you're feeling
- go to appointments with you
- help you find support.
- See our page on talking to friends and family for tips on how you can start the conversation.

Online support

www.kooth.com - Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

Childline (0800 11 11) – Run a free 24-hour helpline, email service and online and phone counselling service for children and young people in the UK.

actionforchildren.org.uk -Charity supporting children, young people and their families across England.

Anxiety UK 03444 775 774 (helpline) 07537 416 905 (text) anxietyuk.org.uk - Advice and support for people living with anxiety.

themix.org.uk 0808 808 4994, text 85258 (crisis messenger service, text THEMIX) - Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

texting SHOUT to 85258 (24/7 crisis messenger service, text YM) youngminds.org.uk - Committed to improving the mental health of babies, children and young people, including support for parents and carers.

[NHS Apps library](#) helps people find apps and online tools to help manage their health and wellbeing. For example:

[Calm Harm](#) is designed to help people resist or manage the urge to self-harm.

[Catch it](#) helps people manage feelings like anxiety and depression and improve mental wellbeing.

[Sleepio](#) is an online sleep improvement programme which is free for people living in Oxfordshire, Berkshire and Buckinghamshire.

[SafeSpot](#) is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.

The [Think Ninja](#) app educates 10–18-year-olds about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well. It has been adapted to Covid-19 to bring self-help knowledge and skills to those who may be experiencing increased anxiety and stress during the crisis.

The [Rise Above](#) website aims to build resilience and support good mental health in young people aged 10 to 16. The content has been adapted to Covid-19 and includes new mental health content based on insights from young people on remote schooling.

Self-care

Doing little things to look after your wellbeing can be really important. It might be:

- getting enough sleep
- eating something you really like and even making something for yourself
- doing something you find relaxing, like listening to music or watching your favourite film
- doing something you enjoy, like a favourite hobby or spending time with people you love
- spending time in nature, like going for a walk or visiting a local park
- getting active by going for a run, bike ride or playing a sport you enjoy.

<https://www.youtube.com/watch?v=Ty93GRPpJJo&list=PLjJtOP3StluXFJ3jjjR3THLhHNMrFFJkM>