



Mental Health & Wellbeing Support Leaflet

Chesterfield High School is committed to support the wellbeing of our students, staff and their families. We encourage everyone to utilize the advice provided by the government to promote and support mental health and wellbeing, during COVID and beyond.

It is recognised that reduced exercise, social-distancing, isolation, physical illness and bereavement may all affect wellbeing.

Support Systems: We have a **system in place in school** to support students who are struggling to maintain a positive wellbeing:

Stage 1: Form tutor support through daily check-ins

Stage 2: Personalised support through the Progress Leader / Student Support Manager; wellbeing strategies, support using Kooth and our wellbeing app.

Stage 3: Specialist support through our;

- Mental Health First Aiders
- School Nurse
- Youth Wellbeing Worker Support (6X 30 min sessions)

Stage 4: Safeguarding team specialist support

Local Services

Venus Centre

Venus is committed to practice that protects children, young people and vulnerable adults from abuse.

<https://www.venuscharity.org/>

The Star Centre

Support for young people up to the age of 18 providing information and advice on mental health issues, as well as group support and a variety of therapies; counselling, CBT (cognitive behavioural therapy), psychoeducation, peer support, family therapy, training for parents and group activities.

<https://www.venuscharity.org/service/star-centre>

Brighter Horizons

BH4U is a counselling service which provides counselling for children, families and schools. We work with children from the age of 4 upwards. We can also provide counselling and support to parents and schools.

<http://www.brighterhorizons4u.co.uk/>

Parenting 2000

We are based in the metropolitan borough of Sefton on Merseyside and run a range of services that provide emotional and practical support, and information targeted at vulnerable children, young people and families in our community.

<https://parenting2000.org.uk/>

Winston's Wish

A national charity supporting children and young people after the death of a parent or sibling.

<https://www.winstonswish.org/>



Resources to promote positive mental health and wellbeing include:

Edukit Wellbeing App

EduKit is a wellbeing app for students to use and obtain useful wellbeing support. This app is monitored by the schools to help us gain better insight into student needs so we can connect them with impactful youth services.

Please be aware that this app is not monitored 24/7 by school staff, so if a student needs support outside of school they will need to contact the other wellbeing services that can be found in this leaflet.

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

Kooth

Kooth is an online mental wellbeing support service that is available to all children and young people aged 11-18. It provides support for those with emotional wellbeing and/or emerging mental health problems, many of whom will require a low level/targeted/short-term intervention. It also provides help to those who are hard to reach and do not engage with services through traditional routes.

www.kooth.com

MindEd

Useful, free educational resources for parents, carers and professional, to support children and young people with their mental health.

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

ChildLine

A free, counselling service offering a private and confidential service for under 19s. During the COVID period, ChildLine counsellors are available on the phone from 9am – midnight every day.

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

NHS – Every Mind Matters

NHS platform which supports mental health and wellbeing including;

- Looking after children and young people's mental health
- Simple tips to tackle working from home
- Mental wellbeing whilst staying at home
- Tips to help you if you're worried about COVID

Link; https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=Cj0KCQiA-ri9BRCAARIsANB_4AC4XgGDithUqanY3Kh9gHekEwqD4JzRQnhm30OOfgYyyYTcXdhULgQ4aAigtEALw_wcB

Public Health England – guidance on mental health and wellbeing

Public Health England have produced guidance and advice on looking after wellbeing and mental health during COVID.

Link; <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

Public Health England – COVID guidance on supporting children and young people's mental health and wellbeing

Public Health England's guidance for parents and carers on supporting children and young people's mental health and wellbeing during the COVID pandemic, including those with additional needs and disabilities.



Link; <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Mind

Mind is a mental health charity who provide mental health advice and support to all people, including;

- Practical advice for staying at home
- Taking care of your mental health and wellbeing
- Support for work, benefits and housing
- Checklist for staying at home

Link; <https://www.mind.org.uk/>

Urgent Support & Listening Services

Samaritans

Samaritans offer a free-24 hour listening and support service. Call free on 116 123 or visit the Samaritans website; <https://www.samaritans.org/>

Shout

Shout is the UK's first 24/7 text service (free on all major mobile networks) for anyone in crisis anytime, anywhere.

Link; <https://giveusashout.org/>

Papyrus

Papyrus is a national charity dedicated to the prevention of young suicide.

Link; <https://www.papyrus-uk.org/>

Tel: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org