



Due to current events in the world, it is so important in this time that we all look after our own mental health and well-being as well as those close to us. Therefore to support with this we have put together this document to signpost some useful guidance and resources for parents, students and staff.

## WEBSITES AND RESOURCES

### Hampshire County Council Confidential Counselling Service - Telephone - 0800 0305182

Service available to school staff to access counselling support. Should you require urgent help the receptionist takes a message and they ring back as soon as a counsellor is free. The time and quality of response has been feedback to be very high. Following an initial chat with a counsellor you can then access the service on an ongoing basis if you like, either by phone or in person. The service is provided free of charge by HCC for all its employees and is always 100% confidential.

### Health Assured – [CLICK HERE](#)

Service for Hampshire staff to support with mental health.

- Username - Hampshire
- Password - Council

### Time to Change – [CLICK HERE](#)

An anti-stigma campaign run by leading mental health charities, Mind and Re-think Mental Illness and is the biggest programme to challenge stigma and discrimination.

### Childline – [CLICK HERE](#)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

### Childline Tool Box – [CLICK HERE](#)

Games, advice and videos together with new ways to handle your emotions.

### Samaritans – [CLICK HERE](#)

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

### Mind – [CLICK HERE](#)

Mind provides confidential mental health information services. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy.

### Saneline – [CLICK HERE](#)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.



## Carer's Direct – [CLICK HERE](#)

If you're a carer needing support you can contact all of the above as well as [Carers Direct – CLICK HERE](#) to discuss any issues affecting you.

## SHOUT – [CLICK HERE](#)

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

## Action for Happiness – [CLICK HERE](#)

Website providing many resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health.

## Young Minds – [CLICK HERE](#)

Leading UK based charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

- Advice for young people – [CLICK HERE](#)
- Advice for parents – [CLICK HERE](#)
- Ten tips for staff – [CLICK HERE](#)

## Kooth – [CLICK HERE](#)

Provides free on-line support for young people delivered by qualified counsellors via chat based services.

## Muslim Youth Helpline – [CLICK HERE](#)

Offers support to young Muslims in distress. Offers email support, helpline and on-line counselling.

## Anna Freud Centre – [CLICK HERE](#)

A children's mental health charity providing specialist help and advice.

[CLICK HERE](#); [CLICK HERE](#)

COVID-19 Toolkit #3 – [CLICK HERE](#)

## Breakout Youth – [CLICK HERE](#)

Confidential support service for young people who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. Supporting Hampshire and the IOW.

## Charlie Waller Memorial Trust – [CLICK HERE](#)

Their vision is of a world where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it.

## TalkPlus – [CLICK HERE](#)

A FREE NHS primary care mental health service. We provide support to people with common mental health problems.

## 1-2-1 Youth Counselling – [CLICK HERE](#)



# Yateley School – Mental Health & Well Being Guidance



Open to anyone 11-25 years old who lives in Hart, goes to a school in the Hart District, or is registered with a Hart GP surgery.

## **CAMHS – [CLICK HERE](#)**

Children and adolescent mental health services (CAMHS) are made up of specialist teams offering assessment and treatment to children and young people up to age 18 who have emotional, behavioural or mental health problems.

## **Family Lives (formerly known as Parentline) – [CLICK HERE](#)**

Emotional support, information, advice and guidance on any aspect of parenting and family life.

## **Papyrus Hopelink (suicide prevention) – [CLICK HERE](#)**

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

## **What to do in supporting someone in crisis – [CLICK HERE](#)**

If the person seems really unwell, and you are worried about their safety, you should encourage them to seek help.

## **Heads Together – Mentally Healthy Schools – [CLICK HERE](#)**

Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence to help you support your pupils.

- Resources – [CLICK HERE](#)

## **Place 2 Be – [CLICK HERE](#)**

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.

We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. We also offer expert training and professional qualifications.



## USEFUL APPS

### Healthy Young Minds in Herts Useful Apps – [CLICK HERE](#)

There are a variety of apps for iOS and android devices that can support your emotional wellbeing and mental health.

### For Me – [CLICK HERE](#)

Childline app that is free, secure and designed by young people for young people.

### Headspace – [CLICK HERE](#)

Offering free support during the crisis.

### Stress Heads – [CLICK HERE](#)

Developed by youth charity, 'The Mix' and approved by NHS Choices website, this app aims to help 16-25 year olds identify and cope with stress.

### NHS – [CLICK HERE](#)

Link to the NHS mental health apps library– some are free.

### Calm – [CLICK HERE](#)

Some mindfulness/mediation links.

### Internet Matters – [CLICK HERE](#)

Keeping your children healthy and well is a top priority and there are now many apps available to help improve your child's general wellbeing. We've scoured the best of the net to uncover popular wellbeing apps available to download.

From meditation techniques to family-based games designed to help kids practise understanding their feelings. Whilst these apps can be useful, they are not a replacement for seeking professional medical advice if you have concerns about your child's wellbeing.