

## Accessing Support During The School Closure

### **Safeguarding**

The school Safeguarding team will continue to work to support students and families throughout this period. If you are concerned about a young person's welfare, or need support for a safeguarding issue, please contact our Designated Safeguarding Lead, Mr Jon Lawes, at [jlawes@stbarts.co.uk](mailto:jlawes@stbarts.co.uk).

If you have an urgent concerns, where a young person is at immediate risk of harm, please contact the police on 999.

### **Mental Health Support**

During the ongoing situation with Coronavirus, it is natural to feel anxious about the future. You may be feeling especially worried if you are also struggling with other mental health difficulties such as low mood, sleep problems, panic attacks or low motivation. You don't have to struggle with these difficulties by yourself, as there are still ways to get support even when school is closed.

- Our **School Counsellor**, Harriet Perkins, will continue to run counselling sessions with existing clients where appropriate, either in school or on-line via Teams. If a place becomes available for students who are currently on the waiting list, she will contact you to arrange a session. She will also be available for a 'drop in' session if anyone needs support either in school for Key Worker/Vulnerable students on a Monday between 12.30 and 1pm (E132) or via a Teams call on a Thursday between 12.30 and 1pm. She would be happy to provide any self-help materials and signpost students to resources to help manage any difficulties. Please contact her via email, [hperkins@stbarts.co.uk](mailto:hperkins@stbarts.co.uk)
- In a crisis (if you are experiencing suicidal thoughts or intending to harm yourself) please ring **999** or go to your local **A&E service**.
- You may find it helpful to be able to talk to someone at any time of day or night about your feelings. You can call **Samaritans** on 116123 or **Childline** on 0800 1111.
- If you would like to speak to a counsellor online, **Kooth** provides free, safe and anonymous online support for young people. <https://www.kooth.com/>
- There are many other apps which you can download to help with your mental health. A list of the **NHS approved** apps can be found here <https://www.nhs.uk/appslibrary/category/mental-health/>
- **The Charlie Waller Foundation** provides support for Young People dealing with anxiety and depression. More information and resources are on their website here <https://www.studentsagainstdepression.org/>
- **Young Minds** is a national charity supporting parents and young people with mental health difficulties. They operate a 24 text service for young people in need of support. Simply text SHOUT to 85258 and a crisis worker will text back. In addition, they also have a dedicated helpline for parents who may be worried about a child, 0808 8025544. Further information about their services can be found on their website: [www.youngminds.org.uk](http://www.youngminds.org.uk)