

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, Ms Rachel Mairs, at rmairs@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 Elinor Harvey** will be available by email Monday-Wednesday- her email is eharvey@stbarts.co.uk She will be able to provide online self help materials and signpost students to resources to help you manage difficult feelings. **This is not a crisis service.** For her existing clients, she may be able to arrange a telephone/video call if you need to speak to her while school is off; please contact her directly to arrange this. She will be available during working hours only on Monday-Wednesday and will try to respond to your email as soon as possible, but this may depend on her availability.
- 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.**
- There are many 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/apps-library/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