



We hope and pray you are all keeping safe and well during this challenging time. It is so important that you are looking after yourself and those around you, making sure you are feeling safe and that you are managing your emotions. For most of you, your family are around you and you are able to talk to them and share your worries and feelings. But this isn't the same for everybody, so just in case, we wanted to share some numbers and websites that may be able to help. All the links are at the bottom of the email.

- If you can, use your **family** around you to chat about your feelings and worries.
- If you want advice and strategies about how to cope with your worries and feelings, the **NHS website, Mind/ YoungMinds, and The Samaritans** have resources and advice for you to help look after your mental health and emotions.
- If you want to speak to someone online about how you are feeling, **Kooth** and **Childline** allow you to safely chat one-to-one with a trained adult.
- If you want to speak to someone directly about your mental health, you can ring the **CAMHS mental health phone line on : 0800 145 6485**. It is open 24 hours 7 days per week. **The Samaritans will also talk to you on 116123**.
- If you feel unsafe or at risk from anyone online, stop the communication immediately and **tell an adult around you** or report it through to **CEOP**
- If you feel unsafe and at risk from yourself or someone around you, in an immediate emergency ring **999**, or alternatively ring Childline on **08001111**.

Please remember, there are people here to help you if you need it. Do not feel alone or scared - **just tell someone**.

<https://www.kooth.com/>

[Kooth | Home](#)

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. For more information about XenZone, please visit xenzone.com.

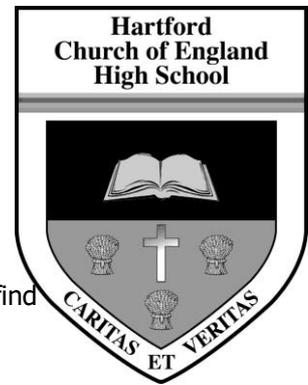
www.kooth.com

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

[Childline | Childline](#)

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.

www.childline.org.uk



<https://www.startingwell.org.uk/secondary-11-16/>

[Secondary \(11-16\) | Starting Well](#)

Secondary (11-16) Welcome to the Secondary School page. On this page you will find lots of topics relating to different areas of your health and well-being.
www.startingwell.org.uk

<https://youngminds.org.uk/find-help/looking-after-yourself/>

[Looking After Yourself - YoungMinds](#)

Looking after yourself. Sometimes it can feel like we don't have any control over what we think or how we feel. But by making simple changes to our lives, we can make a real difference to our mental health.

www.youngminds.org.uk

<https://www.samaritans.org/how-we-can-help/schools/young-people/>

[Young people | Emotional health resources | Mental health | Samaritans](#)

Volunteer for Samaritans Be there for people who desperately need someone Events and fundraising Take part in an event or fundraise in your own way Donate Just £5 can fund the cost of a call Why we need your help Every 90 minutes, someone in the UK and Ireland takes their own life

www.samaritans.org

Online Safety

<https://www.ceop.police.uk/safety-centre/>

[Are you worried about online sexual abuse or the way someone has been communicating with you online? - ceop.police.uk](#)

Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors

www.ceop.police.uk

<https://nationalonlinesafety.com>

National Online Safety have a whole school community approach to e-safety with comprehensive training and resources for teachers, parents and children.