

THE WENSLEYDALE SCHOOL
& SIXTH FORM
LEYBURN

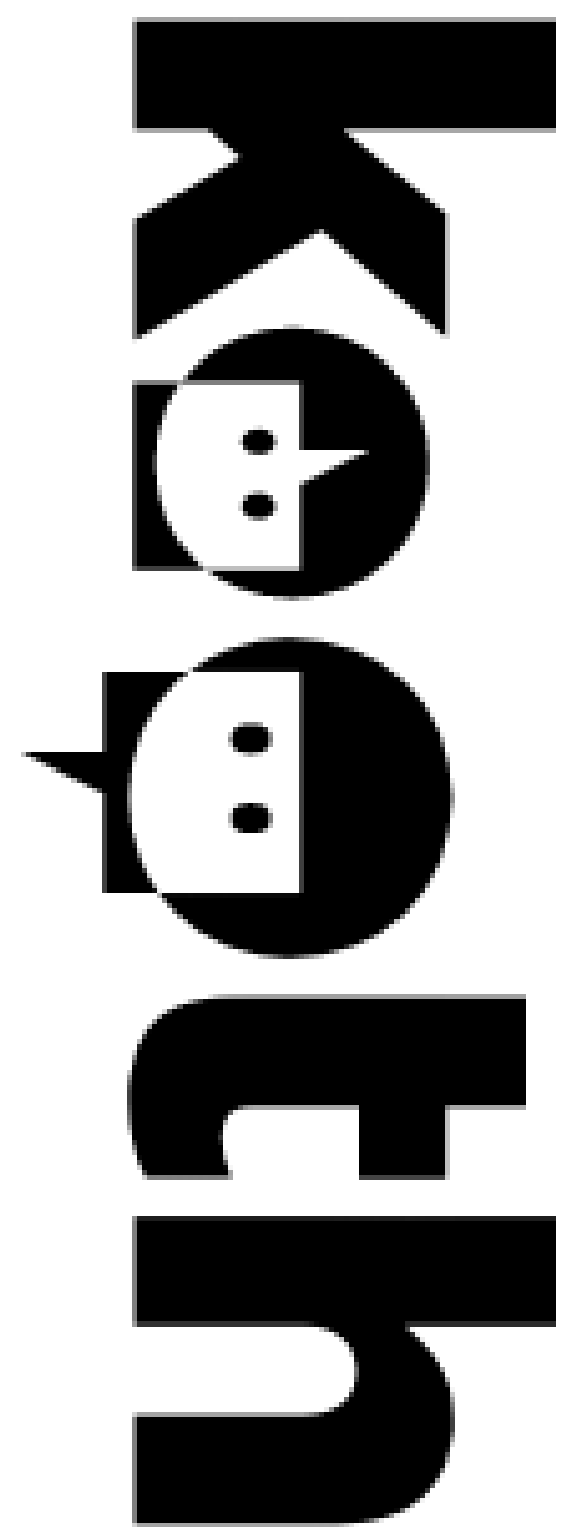


BELOW ARE A RANGE OF ORGANISATIONS THAT ARE AVAILABLE TO OFFER SUPPORT ON A RANGE OF MATTERS. YOU WILL FIND THE DETAILS OF WHAT EACH ORGANISATION OFFERS AND HOW TO ACCESS THEIR SUPPORT.

KOOOTH IS A WEB BASED CONFIDENTIAL SUPPORT SERVICE AVAILABLE TO YOUNG PEOPLE. KOOOTH PROVIDES A SAFE AND SECURE MEANS OF ACCESSING MENTAL HEALTH AND WELLBEING SUPPORT DESIGNED SPECIFICALLY FOR YOUNG PEOPLE.

KOOOTH OFFERS YOUNG PEOPLE THE OPPORTUNITY TO HAVE A TEXT-BASED CONVERSATION WITH A QUALIFIED COUNSELLOR. COUNSELLORS ARE AVAILABLE FROM 12NOON TO 10PM ON WEEKDAYS AND 6PM TO 10 PM AT WEEKENDS, EVERY DAY OF THE YEAR ON A DROP-IN BASIS. YOUNG PEOPLE CAN ACCESS REGULAR BOOKED ONLINE COUNSELLING SESSIONS AS NEEDED. OUTSIDE COUNSELLING HOURS' YOUNG PEOPLE CAN MESSAGE OUR TEAM AND GET SUPPORT BY THE NEXT DAY.

TO FIND OUT MORE VISIT WWW.KOOOTH.COM WHERE YOUNG PEOPLE CAN REGISTER AND OTHERS CAN FIND OUT MORE ABOUT THE SERVICE.

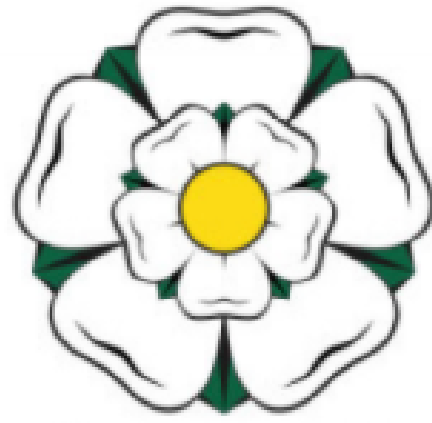


childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

YOU CAN CONTACT CHILDLINE ABOUT ANYTHING. WHATEVER YOUR WORRY, IT'S BETTER OUT THAN IN. WE'RE HERE TO SUPPORT YOU.

THERE ARE LOTS OF DIFFERENT WAYS TO SPEAK TO A CHILDLINE COUNSELLOR OR GET SUPPORT FROM OTHER YOUNG PEOPLE.



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THERE ARE LOTS OF WAY TO FEEL CALMER. IT'S ABOUT FINDING WHAT WORKS FOR YOU. TRY SOME OF OUR BREATHING EXERCISES, ACTIVITIES, GAMES AND VIDEOS TO HELP LET GO OF STRESS.

CHILDLINE CALM ZONE

WWW.CHILDLINE.ORG.UK/TOOLBOX/CALM-ZONE



TIPS, ADVICE AND GUIDANCE ON HOW TO KEEP OR GET ACTIVE IN AND AROUND YOUR HOME. JOIN THE MOVEMENT AND SHARE HOW YOU'RE GETTING ACTIVE DURING THIS TIME.

WWW.SPORTENGLAND.ORG/JOINTHEMOVEMENT

WE OFFER A CONFIDENTIAL AND IMPARTIAL YOUNG PEOPLE'S, PARENT'S AND FAMILIES SUPPORT LINE RELATING TO CHILDREN AND YOUNG PEOPLE AGED 11-18, INCLUDING HOW TO SUPPORT THEM, EMOTIONAL DISTRESS, BEHAVIOUR, MENTAL HEALTH AND WELL-BEING.

FOR CHILDREN AND YOUNG PEOPLE AGED BETWEEN 11 TO 18 - YOU MIGHT BE FEELING STRESSED, UNHAPPY, OR WORRIED AND NEED SOMEONE TO LISTEN TO THIS LINE IS FOR YOU. CONFIDENTIAL SUPPORT AND ADVICE IS ALSO HERE IF YOU NEED IT.

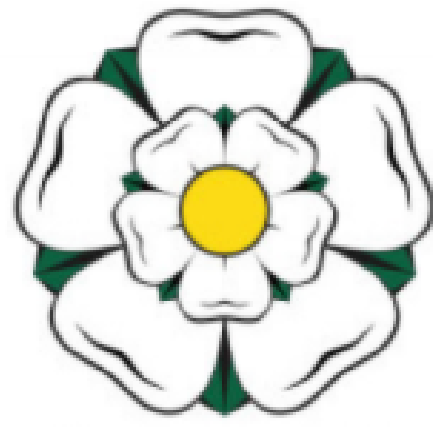
TO ACCESS THIS SUPPORT PLEASE CONTACT 07432 843161 BETWEEN 10.00-12.NOON EACH WEEKDAY MONDAY-FRIDAY.

IF THE TELEPHONE LINE IS BUSY OR UNAVAILABLE PLEASE MAKE CONTACT WITH MIND BY EMAILING CREW@DARLINGTONMIND.COM

THROUGHOUT THE AUTUMN TERM, ANDREW POINEN WILL BE IN SCHOOL FOR FACE TO FACE APPOINTMENTS ONE DAY PER WEEK.

WWW.MIND.ORG.UK





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YOUNGMINDS

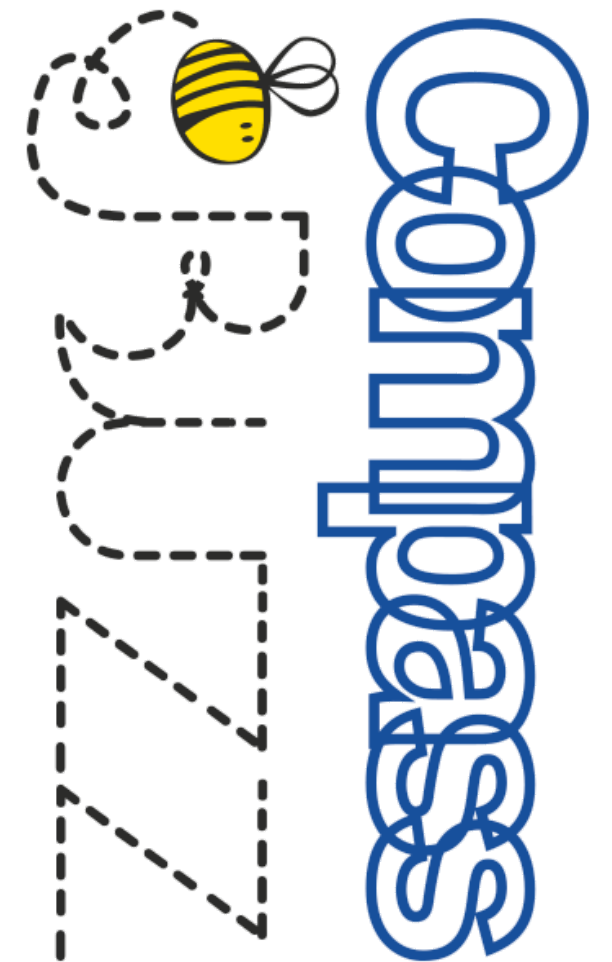
YOUNGMINDS ARE LEADING THE FIGHT FOR A FUTURE WHERE ALL YOUNG MINDS ARE SUPPORTED AND EMPOWERED, WHATEVER THE CHALLENGES. THEY ARE HERE TO MAKE SURE THEY GET THE BEST POSSIBLE MENTAL HEALTH SUPPORT AND HAVE THE RESILIENCE TO OVERCOME LIFE'S DIFFICULTIES.

PARENT HELPLINE 0808 8025544 FREE FOR MOBILES AND LANDLINES – MONDAY TO FRIDAY FOR CONCERNS RELATING TO CHILD/ YOUNG PERSON'S MENTAL HEALTH UP TO THE AGE OF 25.

WWW.YOUNGMINDS.ORG.UK

COMPASS BUZZ OFFERS A CONFIDENTIAL TEXT MESSAGING SERVICE TO YOUNG PEOPLE AGED 11-18 ACROSS NORTH YORKSHIRE. BY TEXTING THE SERVICE ON 07520 631168 YOU WILL BE ABLE TO RECEIVE CONFIDENTIAL ADVICE, SUPPORT AND SIGNPOSTING FROM A WELLBEING WORKER WITHIN ONE WORKING DAY VIA TEXT. WHEN YOU TEXT BUZZ US YOU WILL RECEIVE A MESSAGE LETTING YOU KNOW IF WE ARE OPEN OR CLOSED. WITHIN THIS TEXT IT WILL ALSO LET YOU KNOW WHAT YOU CAN DO IF WE ARE NOT OPEN AND YOU NEED HELP IN THE MEANTIME.

WWW.COMPASS-UK.ORG/SERVICES/NORTH-YORKSHIRE-COMPASS-BUZZ/



OTHER SUPPORT

CEOP - THROUGH CEOP YOU CAN REPORT ONLINE SEXUAL ABUSE OR CONTENT.
WWW.CEOP.POLICE.UK/SAFETY-CENTRE

SELF HARM UK - HELP WITH SELF HARM VIA THEIR WEBSITE. WWW.SELFHARM.CO.UK