



# Staying Safe, Supporting Families\_ COVID-19 Support

Many pupils and their families are facing a challenging time during the COVID-19 school closures. It is very important that we all take the time to check in with family, friends and neighbours during this worrying time.

If you or anyone in your family or social group needs advice including support with their mental health, the following websites and helplines may help. If you are worried, please reach out as support is available if you need it.

## **Helplines and Websites**

<https://www.nhs.uk/oneyou/every-mind-matters/>

**Children's Commissioner** - <https://www.childrenscommissioner.gov.uk/>

Useful advice for children including the following guide to support children in understanding the COVID-19 pandemic

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

**Childline** - confidential telephone counselling 0800 1111

- have an online chat with a counsellor through their website [www.childline.org.uk](http://www.childline.org.uk)
- check out the message boards (same website)

**Samaritans** - Samaritans is available round the clock, every single day of the year, for anyone who is struggling to cope. Call 116 123 <https://www.samaritans.org/>

## **The Mix**

Free confidential telephone helpline and online information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

- Helpline: 0808 808 4994 (free 11 am - 11 pm daily)
- Access the online community <https://www.themix.org.uk/>

**SHOUT** - text SHOUT to 85258 to text with a trained crisis volunteer

**KOOTH** - <https://www.kooth.com/> or download the app for support from an online counsellor

**One You**- [www.nhs.org/oneyou/every-mind-matters/](http://www.nhs.org/oneyou/every-mind-matters/)

Start the fight back to a healthier you! One You is packed with practical tips, tools and free apps to help you improve your health today

**Stem4** - <https://stem4.org.uk/>

Provides positive support for mental health in teenagers.

**Barnados** <https://www.barnados.org.uk/coronavirus-advice-hub>

Provide a range of support and Information for families.

For further information the link to the full document can be found below

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

If you require any further advice/support please do not hesitate to contact us on [info@appletonacademy.co.uk](mailto:info@appletonacademy.co.uk) or by talking to the member of staff who calls you each week.