



## Warden Park Secondary Academy

### Student and Parent Welfare, Health and Wellbeing

Here at Warden Park we place great emphasis on the welfare of our students and families. Our pastoral team are available to students at any time throughout the school day to offer support and guidance.

On this page you will find various support services that can help you, the student, or you, the parent/carer, to understand and cope with situations concerning welfare, health and wellbeing.

#### General

##### [YES \(Youth Emotional Support\)](#)

Voluntary service for young people. Youth Emotional Support (YES) is a free service for young people aged 11-18 who have issues that are affecting their wellbeing

##### [Kooth online support](#)

Free, safe and anonymous online support for young people

##### [Childline](#)

Service provided by the NSPCC for various information, support and advice for young people

##### [School Nurse Text line - 074806354424](#)

Confidential text service for young people to support any issue

##### [YoungMinds Parents Page](#)

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of young people. Parents will find a wealth of information on their Parents Page, including details of a free and confidential helpline.

##### [Mind A-Z of Mental Health](#)

Mind provides advice and support to empower people experiencing a mental health problem. They have a fantastic A-Z of Mental Health and free, downloadable guides to many mental health issues, including a guide to seeking help which contains some useful advice on how to support someone else with their emotional and mental health.

##### [West Sussex Local Offer](#)

Signpost for parents to different organisations in West Sussex that can support vulnerable students and students with SEND

#### [Woebot App](#)

Based on Cognitive Behaviour Therapy? CBT, chatbot that can help with feelings of anxiety.

#### [Stem4](#)

Stem4 teenage mental health charity

### **Anxiety & Panic Attacks**

#### [Understanding Attacks](#)

Mind's Guide to Understanding Anxiety and Panic Attacks.

#### [NHS Choices](#)

This is a reliable source of information about anxiety disorders in children and teenagers.

#### [AnxietyUK](#)

Contains a page specifically for Family, Friends and Carers.

#### [SAMapp](#)

Downloadable app from Google Play or Apple Store (can use to calm breathing)

#### [Mindshift App](#)

**MindShift™** will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Making Sleep Count
- Riding Out Intense Emotions
- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict

### **Bereavement**

#### [HopeAgain](#)

HopeAgain is the youth website of Cruse Bereavement Care, a national charity providing support, advice and information to children, young people and adults when someone close to them dies.

## **Counselling**

[Beacon House \(Private Counselling Service\) - 01444 413939](#)

### **Private counselling service**

[bacp counselling-directory](#)

Students wishing to find a private counsellor should look at the above links where they can search for therapists in their local area. There are advanced searches if you wish to filter the results to therapists working with different age groups, and with different specialties etc

## **Depression**

[Mind's Guide](#)

Mind's Guide to Understanding Depression.

[Student Minds](#)

Offering advice for looking after your mental wellbeing

[Students Against Depression](#)

Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking, including the experiences and strategies of students themselves.

## **Eating issues**

[Beat](#)

Beat is the UK's leading eating disorders charity. Their website includes advice and support for people who are worried about someone.

[MGEDT](#)

Men Get Eating Disorders Too is a charity specifically focussed on supporting men with eating disorders.

## **Exam stress**

[NHS Choices](#)

Advice for parents and carers from the NHS.

[Student Minds](#)

The exam stress advice from Student Minds is targeted towards university students but is still relevant to 16-18 year olds.

## **Family Relationships**

[Relate Online Counsellor](#)

Relate have a Family Life and Parenting section on their website with lots of practical advice on how to tackle common teen issues, including drugs and alcohol, sex and relationships and mental health. They also offer free, instant online chat with a counsellor.

## **Internet Safety**

### [ThinkUKnow](#)

ThinkUKnow is an educational programme from the National Crime Agency's Child Exploitation and Online Protection Centre (CEOP). Information, advice, resources and a reporting function are all available via their parents/carers page.

## **LGBTU**

### [Allsorts Youth Project](#)

Allsorts Youth Project provides a range of services for LGBTU young people and supports them to take in lead in raising awareness of, and challenging, prejudice and discrimination. The Parents and Carers section of their website contains information, resources and details of a support group for parents and carers. This project is now branching out to West Sussex

## **Loneliness / Isolation**

### [Tips](#)

Mind's Tips for Living with Loneliness.

## **Self Harm**

### [nshn](#)

The National Self Harm Network provides a 24/7, closely monitored online forum which aims to reduce the emotional stress and improve the quality of life for people who self-harm. The forum provides crisis-support, information, resources, advice, discussion and distraction.

### [Alumina Self Harm](#)

Self Harm UK is a project dedicated to support young people who self harm, including a 6 week online programme for anyone aged 14-18 who would like the opportunity to engage with trained staff and be challenged to think differently about self harm. Young people can self-refer and participation is completely free of charge. Self Harm UK is also currently working to develop practical resources for parents.

### [LifeSIGNS](#)

LifeSIGNS (Self Injury Guidance & Network Support) is an online, user-led organisation providing information and support to people of all ages who are affected by self harm, including guidance for family and friends.

Stem4 app - helps users express their emotions in other ways and distract from self harm.

## **Sexual Health & Relationships**

[NSPCC](#) - Parents guide

Your guide to keeping children safe, spotting warning signs and what to do if you're worried

[Lifecentre](#)

Lifecentre provides free confidential face to face support and helpline services for anyone 18yrs and under to talk about rape, sexual abuse or any unwanted sexual experience. Call the personal support helpline:

FREEPHONE: 0800 802 0808, EMAIL: [help@lifecentre.uk.com](mailto:help@lifecentre.uk.com) TXT 07717 989022

For further information on their services or to book counselling contact: 01273 786349 or email [info@lifecentre.uk.com](mailto:info@lifecentre.uk.com)

## **Sleep Hygiene**

These NHS links are both good if your young person is having sleeping issues:

[Sleep Self-assessment](#) and [LiveWell Sleep](#)

## **Substance Misuse**

[West Sussex Young Persons Substance Misuse Service 0330 303 8677 07779339954 \(text and they ring back\)](#)

A free, confidential and non-judgemental service, providing specialist drugs and alcohol advice and support for under 18's

## **Suicide Prevention**

[Papyrus](#)

Papyrus offers advice and support to people who are worried about someone feeling suicidal.

[Grassroots Suicide Prevention](#)

Grassroots Suicide Prevention is a Brighton based charity who work locally and nationally with individuals, organisations and communities to support people at risk of suicide. The resources section of their website is excellent and has lots of links to further information and support.

[The Samaritans](#)

The Samaritans are available 24/7, every day of the year.

## **Need further (non-emergency) support?**

A **GP** would always be an excellent first point of call for support with any mental health enquiries. They can offer information, advice and support and can also refer to a range of other specialist services if required.

**Online chat support and counselling** can be accessed via these links:

[West Sussex Residents](#)

Unfortunately, there is no online service available in East Sussex.

[FindItOut Centres](#)

The **FindItOut Centres** across West Sussex can offer information, help and support to young people on a wide range of issues. Some offer their own counselling services. Students should visit the centre closest to where they live.

### **Emergency/Immediate Crisis Support**

The following services do offer support to individuals who feel they are a serious risk to themselves or others, or those in immediate danger:

**Samaritans** for 24/7 support and someone to talk to. This service is free and confidential. Phone 116 123

**Sussex Mental Healthline** for support and information if you are worried about your mental health. Mon-Fri 5pm to 9pm, 24 hours at weekends and Bank Holidays - phone **0300 5000 101**

You can call the **NHS 111** service if you urgently need help or advice but it is not a life-threatening situation

The **Mental Health Rapid Response Service** is a rapid assessment service for people suffering from mental health problems who are at risk and may not be able to keep themselves safe, or are considering attending A&E for help with their mental health. Available 24 hours per day, 7 days per week. Call 01273 242220

For emergency situations always call **999** or visit the local **Accident & Emergency**.

**CAMHS** (Mid Sussex 01444 472673)

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