

Emotional Health and Wellbeing Handbook



STOCKSBRIDGE
HIGH SCHOOL
— This is Just the Start —



Wellbeing

Organisations and charities
to support your wellbeing

What is this booklet and how do I use it?

Everyone should care for their emotional health and wellbeing and the staff at Stocksbridge High School fundamentally believe that if a child is positive, caring, courageous and reflective then they will be successful in life – both in their working and personal life. At times there is need to draw upon external support to help develop strategies to maintain emotional resilience. There can often be a stigma around accepting help for issues pertaining to mental health, but it should be seen to be the brave and strong decision.

At SHS we will explicitly signpost students to external services so that they can draw upon these if they feel necessary.

The aim of this booklet is to:

1. Collate the services readily available to young people within our geographical area;
2. Describe what these services offer and how you can access them;
3. Provide a range of resources to enable everyone to access it – from websites, courses, books to counselling services.

All of the contact details for the organisations are included in this booklet, along with a brief description of their work and what they offer.

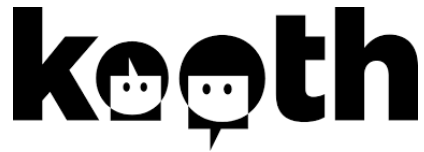
We are committed to supporting our community with their emotional health and wellbeing.

We hope that you find this booklet a helpful resource and if there is anything that you would like to discuss further in order to support the wellbeing of your child then please contact the pastoral manager or designated safeguarding lead.

Contents

Page	Organisation	Area of Support
1	Kooth	Emotional Health and Wellbeing for young people. Accessed all online and free counselling sessions.
1	Door 43	Emotional Health and Wellbeing support via face-to-face informal drop in sessions.
2	B-eat	Support for young people and families facing the consequences of eating disorders
2	ChildLine	Telephone support for young people in crisis.
2	CALM	Online support for young people and adults who are struggling with their emotional regulation.
2	Youth Health Talk	Website to support young people with issues around low self-esteem.
3	Fruitbowl (SAYit)	Support for young people regarding issues surrounding LGBTQ+
3	Cruse	Bereavement support for young people and adults
3	The Corner	Support for young people who are misusing alcohol and drugs
4	SHOUT	Text service for urgent safeguarding issues
4	Papyrus	Support for young people with issues surrounding suicide.
4	Young Minds	Crisis Messenger for young people
5	Barnardo's – Say, Hear, Respond	Referral for higher tier support for issues arising amongst young people post Covid-19.
5	ZEST	Smoking cessation support for young people
5	Golddigger Trust	Self-esteem courses, groups and mentoring.
6	SAFE@LAST	Support for young people who are at risk of running away and help and advice for families.
6	NSPCC	Support for children who are or have been the victim of abuse.
6	The Mix	Advice and support on all kinds of Emotional Health & Wellbeing issues.
7-8	Helpful apps	Apps to support mindfulness and emotional wellbeing.
9-14	Further information	Further information and resources to support with common mental health issues

Kooth



Contact details: www.kooth.com

Who are Kooth?

Kooth offer emotional and mental health support for children and young people aged between 11-24 years and is available up until 10pm every day. It is a free, safe and anonymous online support for young people.

Students can access Kooth using instant messenger allowing them to access fully trained counsellors 365 days of the year. Once triaged, students they will be offered a weekly (sometimes bi-weekly) appointment to 'discuss' their difficulties.

Door 43



Contact details: www.sheffieldfutures.org.uk/i-need-help/door43/

Phone: 0114 2012760 Email: Door43@sheffieldfutures.org.uk

Who are Door 43?

Door 43 offers support to 13-25 year olds on a range of emotional wellbeing issues. The service provides information, advice and guidance to young people experiencing issues such as low mood, stress, anxiety, loneliness, difficulty accessing education and low confidence. They aim to intervene at an early stage to stop emotional and wellbeing issues before they develop into more serious mental health issues.

These sessions are face-to-face and can be accessed by attending one of the drop-in sessions every Wednesday 11-4pm or the wellbeing café on Tuesdays 5-7pm/Saturdays 9.30-12.30pm at Star House, Division Street.

B-eat



Contact details: <https://www.beateatingdisorders.org.uk/support-services/helplines>

Phone: 0808 8010811 Open 365 days of the year from 12pm-8pm Mon-Fri and 4pm-8pm weekends and bank holidays.

Who are B-eat?

B-eat are a support network for anyone affected by eating disorders. They offer advice, resources to help on their website. They also have a free web chat service to help and support.

ChildLine

Contact details: www.childline.org.uk

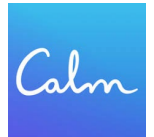
Phone: 08001111



Who are ChildLine?

ChildLine offer free help via a call, online chat or via email. The calls will not show on a phone bill and you can even get direct help from a trained counsellor.

CALM (Campaign Against Living Miserably)



Contact details: www.thecalmzone.net Phone: 0800 585858

Who are CALM?

CALM is a nationwide support group who offer support via webchat from 5pm-midnight 365 days of the year for any kind of emotional issue you might have.

Youth Health Talk

Contact details: <https://healthtalk.org/>

Who are Youth Health Talk?

Website where young people experiencing any problems affecting their mood or self esteem can go for information and advice – it's good to talk

Fruitbowl (SAYiT)

Contact details: <https://sayit.org.uk/group/fruitbowl>

Phone: 0114 2412728 Mon-Thursday 9am-5pm

Email: info@sayit.org.uk



Who are Fruitbowl?

Fruitbowl is a charity who offer support for people who are LGBTQ+. They offer group activities as well as online support.

Cruse

Contact details: <https://www.cruse.org.uk/>

Phone: 0808 808 1677 Support 7 days a week

Who are Cruse?

Cruse are a bereavement care service who offer support over the phone, email and through their website support.



The Corner

Contact details: <https://www.changegrowlive.org/the-corner-sheffield/info>

Phone: 0114 2752051 WhatsApp using: 07570948925

Email: thecorner.sheffield@cgl.org.uk

Who are The Corner?

The Corner are a Sheffield based service on Division Street which offer advice about drinking and drugs. The service is free and confidential.



The
Corner

Sheffield

SHOUT

Contact details: Text SHOUT to 85258



Who are SHOUT?

SHOUT is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and need immediate help.

They can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship challenges



Papyrus

Contact details: 0800 0684141/07860039967

Who are Papyrus?

Papyrus/HopelineUK is a service which believes that youth suicide is preventable and offers support via text, talk or webchat to support young people struggling with their emotions.

Young Minds



Contact details: For urgent help text YM to 85258

Who are Young Minds?

Young Minds Crisis Messenger is a free 24/7 support service where all texts are answered by trained volunteers and clinical supervisors.

Barnardo's

Contact details: www.barnardos.org.uk/say-hear-respond

Tel: 0800 157 7015

What is the Say, Hear, Respond campaign?

The Say, Hear, Respond Partnership is a new service funded by the Department for Education to help young people and families cope with the consequences of Covid-19.

Offer: Online support hub
Online counselling and therapy



ZEST – Smoking Cessation Services



Contact details: www.zestcommunity.co.uk/services/smoke-free/

Who are ZEST?

ZEST are a community based outreach team who support young people and adults with their wellbeing. Zest deliver a series of quit clinics for teenagers who want to quit smoking. Parents and students can refer directly to ZEST.

Golddigger Trust

Contact details: www.golddiggertrust.co.uk/

Tel: 0114 327 1191

Who are Golddigger Trust?

Golddigger Trust is a charity who work to equip young people with the confidence and skills to make positive choices for themselves. Particular focus on self-esteem and mental health. They run group courses, sessions, as well as one-to-one mentoring.



SAFE@LAST

Contact details: www.safeatlast.org.uk

Tel: 0800 335 7233

Text: SAFE + your message to 60777

What is SAFE@LAST?

SAFE@LAST is a charity providing services and support for young people who are at risk of harm before, during and after running away.

Offer: 24 hour helpline

One to one support

Family support to parents



NSPCC

Contact details: www.nspcc.org.uk/

Tel: 0808 800 5000

Who are NSPCC?

NSPCC is a charity who help and support every aspect of a child's mental and emotional health with a particular focus on supporting those who have or are currently experiencing abuse of any kind. They offer support via national helplines, support and advice for families and therapeutic services.



THE MIX

Contact details: www.themix.org.uk

Tel: 0808 8025544

What is The Mix

The Mix is a website with lots of advice about issues such as friendships, relationships, anxiety and general wellbeing.

Offer: 24 hour helpline

One to one support

Crisis messaging



Helpful Apps



Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.



MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises



MoodGYM

MoodGYM is free, fun, interactive app to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:



- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

Recovery Record

This is the start companion for managing your journey to recovery from eating disorders.



RiseUp + Recover

Rise Up + Recover is just the app if you struggle with food, dieting, exercise ad body image.



Helpful Apps



SuperBetter

A free app which helps build personal resilience created by game designers.



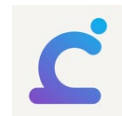
Headspace

Guided meditation and mindfulness.



Calm Harm

An app to help people to resist the urge to self-harm.



Smiling Mind

Uses mindfulness to boost calmness, contentment and clarity.



My Life

Your emotions change, whether you're anxious, sleepless, hopeful or angry, My Life recommends activities that are right for you.



Further Information and Resources **about common mental health issues**

Below, we have sign-posted information and guidance about the issues most commonly seen in school-aged children.

Support on all these issues can be accessed via Young Minds (www.youngminds.org.uk), Mind (www.mind.org.uk) and (for e-learning opportunities) Minded (www.minded.org.uk).

Self Harm

Self-harm describes any behaviour where a young person causes harm to themselves in order to cope with thoughts, feelings or experiences they are not able to manage in any other way. It most frequently takes the form of cutting, burning or non-lethal overdoses in adolescents, while younger children and young people with special needs are more likely to pick or scratch at wounds, pull out their hair or bang or bruise themselves.

Online Support

SelfHarm.co.uk: www.selfharm.co.uk

National Self-Harm Network: www.nshn.co.uk

Books

Pooky KnightSmith (2015) *Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies*. London: Jessica Kingsley Publishers

Keith Hawton and Karen Rodham (2006) *By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers

Carol Fitzpatrick (2012) *A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm*. London: Jessica Kingsley Publishers

Depression

Ups and downs are a normal part of life for all of us, but for someone who is suffering from depression these ups and downs may be more extreme. Feelings of failure, hopelessness, numbness or sadness may invade their day-to-day life over an extended period of weeks or months, and have a significant impact on their behaviour and ability and motivation to engage in day-to-day activities.

Online Support

Depression Alliance:

www.depressionalliance.org/information/what-depression

Books

Christopher Dowrick and Susan Martin (2015) *Can I Tell you about Depression?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Anxiety, panic attacks and phobias

Anxiety can take many forms in children and young people, and it is something that each of us experiences at low levels as part of normal life. When thoughts of anxiety, fear or panic are repeatedly present over several weeks or months and/or they are beginning to impact on a young person's ability to access or enjoy day-to-day life, intervention is needed.

Online Support

Anxiety UK: www.anxietyuk.org.uk

Books

Lucy Willetts and Polly Waite (2014) *Can I Tell you about Anxiety?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Carol Fitzpatrick (2015) *A Short Introduction to Helping Young People Manage Anxiety*. London: Jessica Kingsley Publishers

Obsessions and compulsions

Obsessions describe intrusive thoughts or feelings that enter our minds which are disturbing or upsetting; compulsions are the behaviours we carry out in order to manage those thoughts or feelings. For example, a young person may be constantly worried that their house will burn down if they don't turn off all switches before leaving the house. They may respond to these thoughts by repeatedly checking switches, perhaps returning home several times to do so. Obsessive compulsive disorder (OCD) can take many forms – it is not just about cleaning and checking.

Online Support

OCD UK: www.ocduk.org/ocd

Books

Amita Jassi and Sarah Hull (2013) *Can I Tell you about OCD?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Susan Conners (2011) *The Tourette Syndrome & OCD Checklist: A practical reference for parents and teachers*. San Francisco: Jossey-Bass

Suicidal feelings

Young people may experience complicated thoughts and feelings about wanting to end their own lives. Some young people never act on these feelings though they may openly discuss and explore them, while other young people die suddenly from suicide apparently out of the blue.

Online Support

Prevention of young suicide UK – POPYRUS: www.papyrus-uk.org

On the edge: ChildLine spotlight report on suicide:

www.nspcc.org.uk/preventing-abuse/research-and-resources/on-the-edge-childline-spotlight/

Books

Keith Hawton and Karen Rodham (2006) *By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers

Terri A.Erbacher, Jonathan B. Singer and Scott Poland (2015) *Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention*. New York: Routledge

Eating Problems

Food, weight and shape may be used as a way of coping with, or communicating about, difficult thoughts, feelings and behaviours that a young person experiences day to day. Some young people develop eating disorders such as anorexia (where food intake is restricted), binge eating disorder and bulimia nervosa (a cycle of bingeing and purging). Other young people, particularly those of primary or preschool age, may develop problematic behaviours around food including refusing to eat in certain situations or with certain people. This can be a way of communicating messages the child does not have the words to convey.

Online Support

Beat – the eating disorders charity: www.b-eat.co.uk/about-eating-disorders

Eating Difficulties in Younger Children and when to worry:
www.inourhands.com/eating-difficulties-in-younger-children

Books

Bryan Lask and Lucy Watson (2014) *Can I tell you about Eating Disorders?: A Guide for Friends, Family and Professionals*. London: Jessica Kingsley Publishers

Pooky Knightsmith (2015) *Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies*. London: Jessica Kingsley Publishers

Pooky Knightsmith (2012) *Eating Disorders Pocketbook*. Teachers' Pocketbooks