

Saffron Walden County High School
Sixth Form

Student Wellbeing

A guide to available help
inside and outside
Sixth Form



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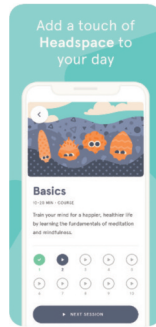
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Wellbeing Apps

Headspace

Free, Apple IOS and Android

Mindfulness techniques have benefits for mood, attention and general coping skills for the ups and downs of life. This simple, beautifully designed app gives you 10 short meditations, four brief videos explaining what meditation is and a series of facts and questions. Keep track of how many of the meditations you have listened to and try 10 minutes a day for 10 days.



What's Up?

Free, Apple IOS and Android

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!



Mindshift

Free, Apple IOS and Android

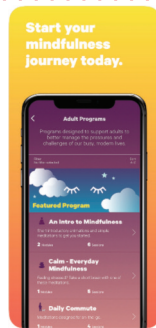
This app is designed for teenagers and young adults who want help with feelings of anxiety. The language and interface is simple, it provides some useful information about what anxiety is and helpful strategies to try to tackle it. There is also a tips sections for use in panicky situations.



Smiling mind

Free, Apple IOS and Android

Smiling Mind is a free mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind.



Help available INSIDE Sixth Form



Sixth Form Staff

Your SWCHS Form Tutor

If you have concerns about your welfare and your work is suffering as a result, talk to your tutor. They have loads of experience working with all types of student problems and can really help. They are here for you, so just speak to/email them to book a one-to-one tutorial.

Sixth Form Team

If you would rather see someone else, the Sixth Form Team are ready to help.

Here is the list and where to find them:

Mrs Cox and Mrs Kennedy - their office off the Study Centre

Mrs Bendall, Mr Hansard, Mr Fowler, Miss Holden, Mr Crittenden and

Mrs Olney & Mrs Chancellor - Study Centre



Safeguarding Officer: Mrs Chapman, find her in the Sixth Form Office

Feeling low? Not sure what to do? Not sure if you feel safe? Worried about what's happened to you or someone else? Worried about something you have done? Come and see Mrs Chapman, our friendly Safeguarding Officer.



Beth Robertson is a qualified accredited counsellor. She is here to help you. It's all confidential!

Why might you want to meet with her?

There may be a variety of reasons why you might want to ask for counselling. In the past, Beth has worked with students who have struggled with anxiety, drug and alcohol problems, depression, self-harm, family/parental/ relationship difficulties, friendship issues, bereavement or family illness, and questions about sexuality and gender identity.

How do you meet with her?

You can ask directly for a referral to see Beth by emailing her on brobertson@swchs.net or approaching Beth in person; she has a desk in E4a. You can also ask via your Form Tutor. The service is confidential; you can work exclusively with Beth or she can help you access other appropriate agencies. Please contact Beth if you have any concerns or are worried; she will always try to see you as soon as possible.

Single Session Therapy

Additionally to the regular school counselling service, Beth Robertson will also be launching 'Single Session Therapy' from September 2019. This service will offer you a single solution focussed session and it is different to the walk-in service listed below. Referral requests will need to be made via your Form Tutor/member of the Sixth Form Team, so that Beth can assess your needs via an electronic referral form before your single session.

Cognitive Behavioural Therapy (CBT)

Mike Ellen is available for Cognitive Behavioural Therapy. Requests for a referral to see him should be emailed to Beth Robertson at brobertson@swchs.net

Form Time Walk-In Counselling

No referral needed. Mondays, Tuesdays, Thursdays and Fridays from 1.30pm to 2.15pm - on a first-come first-served basis (Maths Block Counselling Room).



We help young people in Essex to get the most out of school, work and life

Get help with caring, find work experience, volunteering opportunities and have fun doing new things.

We can organise work experience placements, arrange support for a young carer, help pupils reach their potential and more.

We advise on how to set up a youth club, get help with services for young people, and we can help you book a youth service minibus.

If you have any questions or feedback about Essex Youth Service, or are interested in getting involved, please contact us.

Email: youth.work@essex.gov.uk

Essex Youth Service, Essex County Council E2, County Hall, Chelmsford, CM1 1LZ

Tel: 03330 322800

Web: youth.essex.gov.uk





What is mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what **has** happened or **might** happen, it trains us to respond skilfully to whatever **is** happening right now, be that good or bad.

Brain imaging studies show that mindfulness practice reliably and profoundly alters the structure and function of the brain to improve the quality of thought, feeling and concern for others.

How do people learn mindfulness?

Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.

SWCHS LGBT and Allies

This Positive Action Group has been set up to raise LGBT issues in school and to support and inform students.

LGBT & Allies does the following:

- Promotes the inclusion of LBGT issues into the school curriculum
- Actively works to end homophobic discrimination, bullying and language in school
- Creates a central point to provide students with support, contacts and information
- Delivers information to students via assemblies, music, drama, guest speakers presentations etc

LGBT & Allies meet for all year groups on **Wednesday lunchtimes in B8**

There is also a LGBT Elective in CR1 every Wednesday P5.

Please feel free to:

- Join the group as an Elective
- Come along to see what we do
- Email to offer your support/time/interest
- Follow us on Twitter @SWCHSLGBT
- Support us by buying a rainbow band or signing up to the No Bystanders campaign

We would like to hear from you if you are gay or straight. Your ideas, thoughts and input are really important. To find out more or to sign up, please email either Miss Lock (slock@swchs.net) or Mrs Robertson (brobertson@swchs.net).



They provide free one-to-one support to young LGBT+ people. No matter how big or small your challenges are, they are there to help.

Tel: 01233 369508

Email: info@thekitetrust.org.uk

Web: thekitetrust.org.uk



Stonewall's main focus is to let all young lesbian, gay, bi and trans people - as well as those who are questioning - here and abroad, know they're not alone. They want to empower all young people, regardless of their sexual orientation or gender identity, to campaign for equality and fair treatment for LGBTQ people, and against discrimination. They believe we're stronger when we work together, so they partner with organisations that help them create real change for the better. They are here to support those who can't yet be themselves. But their work is not yet finished.

Not until everyone feels free to be who they are, wherever they are.

Web: www.youngstonewall.org.uk



Understanding gender diversity in creative ways

Gendered Intelligence is a trans-led, not for profit organisation. They provide a wide range of non-judgemental practical services, designed to increase trans inclusion and support.

Gendered Intelligence runs a range of youth groups in London, Leeds and Bristol for young trans people, non-binary and questioning young people aged under 21. No matter how you identify, Gendered Intelligence's trans youth groups are open to all young trans people - whether you're brand new to identifying as trans, still questioning your identity, or if you consider yourself to be post-transition or as having a trans history. We strive to be fully inclusive of individuals who identify as non-binary/other, as well as male or female.

Web: genderedintelligence.co.uk/support/trans-youth

What's the point of mindfulness?

In adults, mindfulness training has been shown to improve health and wellbeing. People of all ages report after taking a mindfulness course that they have found that they can learn more effectively, think more clearly, perform better and feel calmer, less anxious and less depressed. Mindfulness is now recommended by the National Institute of Clinical Excellence and GPs are referring adults on eight week courses to reduce stress and help prevent recurrent depression. It is increasingly being used in business to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people and in schools to enhance wellbeing and learning.

What is .b?

.b is a fun, engaging and useful ten session mindfulness course for young people, adapted from the adult courses. Mindfulness based Stress Reduction and mindfulness based Cognitive Therapy have been evaluated positively by the University of Cambridge and Oxford Brookes University, and can be used in a wide range of contexts and age ranges.

Recommended app

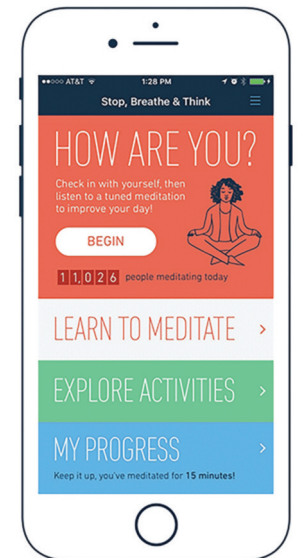
Stop, Breathe, Think www.stopbreathethink.org

- 

STOP
Stop what you are doing. Check in with what you are thinking and how you are feeling.
- 

BREATHE
Practice mindful breathing to create space between your thoughts, emotions and reactions.
- 

THINK
Broaden your perspective, and strengthen your force field of peace with personalized meditations and activities



Help available OUTSIDE Sixth Form



On the following pages you can find information and contact details for organisations that can help you with all kinds of problems.

It's all confidential!

Relationships



The relationship people

There are all sorts of reasons why you might want a bit of extra help from Relate. Things might be worrying you at home or at school, or you might need help and advice with your own relationships. Relate can help.

They can offer counselling which lets you talk about how you feel, separate from school and home life. They can help you get back to enjoying life, whether it is depression and mental health concerns, or issues with parents or people at school.

Web: www.relate.org.uk

Stop Smoking

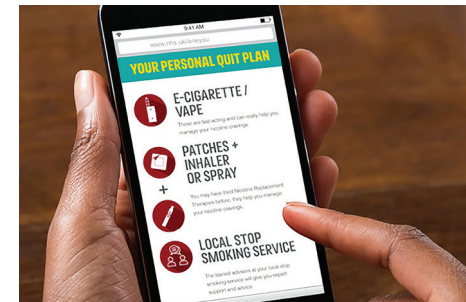


Free, proven support to help you quit!

You are four times more likely to quit smoking with NHS help. Join the millions of people who have used Smokefree support to help them stop smoking. From email and text, to a free app and lots of other support, you can choose what is right for you.

Web: www.nhs.uk/smokefree

Quit smoking with your free Personal Quit Plan





Free and confidential sexual health and well being experts

Brook has been putting young people's health and wellbeing first for 50 years. The website is packed with over 500 FAQs, regarding everything from contraception and sexually transmitted infections to good sex, relationships and sexuality.

Web: www.brook.org.uk



Integrated Contraception and Sexual Health Services

All iCaSH clinics are self-referral, which means that a GP referral letter is not necessary. The service is free, confidential and non-judgemental.

You can access our services by calling 0300 300 3030 to book an appointment, by attending any of our 'sit and wait' sessions, which do not require an appointment, or by ordering a self-test kit online. A full check-up in the clinic may take up to an hour and a half, so please allow this much time for your visit. Our sit and wait clinics can be very busy. We aim to see people within two hours of registering, but it can sometimes take a little longer.

Tel: 0300 300 3030

Web: www.icash.nhs.uk



**Free confidential advice
Not every door is closed**

At Open Door you can share your thoughts. Nothing is too big or too small to talk through with one of our counsellors. Open Door is a free and confidential service based in Saffron Walden for young people living in Uttlesford aged 13 - 26. We are an independent charity, operating under British Association of Counselling guidelines. Our counsellors are volunteers and are either fully qualified or in the last stages of their Diploma training.

Contact:

Open Door Counselling Service,
The Multi-Purpose Centre, Faircroft Road,
Saffron Walden CB10 1ND.

To contact a counsellor and make an appointment telephone our mobile:

Tel: 07803 178794*

*Monday to Friday between 9am and 5pm.

Web: www.open-door.info



ONLINE, ON THE PHONE, ANYTIME

Help for up to 19 years old

Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you 24 hours a day online, on the phone, anytime. Call free on 0800 1111, have a 1-2-1 chat online or send an email.

Web: www.childline.org.uk

Tel: 0800 1111

HOW ARE YOU FEELING?

Excellent

Good

Okay

Bad

Horrible

Stressed

Depressed

Free Counselling



**Free, safe and anonymous
online support for young people**

Kooth is an award-winning online counselling service, helping young people up to 18 years with any troubles they may have.

They provide an anonymous and confidential service, using a mix of counselling, support and advice at a drop-in centre, with out of hours and structured sessions.

Aimed at helping with a range of topics, including: relationships, bullying, eating disorders, self-harm, general health

All counsellors are trained, qualified and experienced at working with the age group that uses the service.

Web: www.kooth.com

The Samaritans logo, consisting of the word 'SAMARITANS' in white, uppercase letters on a green rectangular background.

SAMARITANS

We're waiting for your call

Anyone can contact the Samaritans and the information stays confidential, no matter how old you are. Samaritans is there for you and not your parents or guardians.

Lots of things can make us feel bad, for example how we look, problems at school, how people are treating us and worries about exams or money. You might feel you can't talk to anyone, or you don't want to worry your friends of family.

Samaritans won't tell you what to do. We will listen and try to understand what you're going through. We will help you make your own decisions, the ones that are right for you.

Tel: 116123

Email: jo@samaritans.org

Web: www.samaritans.org

Drugs and Alcohol



Friendly, confidential drugs advice

Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.

Tel: 0300 123 6600

Text: 82111

Email: frank@talktofrank.com

Web: www.talktofrank.com



The National Association for Children of Alcoholics

Do you ever feel ashamed, embarrassed or confused about your parent's drinking? Perhaps you feel different from other people you know. Or you want to know how you can help your parent? You are not alone; there are many young people experiencing similar problems. When a parent has a drink problem, it affects the whole family, and can be especially difficult for children and young people.

If you would like to talk to someone, our free confidential helpline is here for you.

Tel: 0800 358 3456.

Email: helpline@Nacoa.org.uk

Web: www.nacoa.org.uk



Essex Young People's Drug and Alcohol Service

If you are affected by drug or alcohol use – your own or someone else's – they will work to keep you safe and get things sorted. They'll find out what you want and give you whatever support you need.

Tel: 08444 991 323

Text: CHOICES to 80800

Web: www.childrenssocietyeast.org.uk/eypdas



West Essex Alcohol and Drug Service

ADAS supports individuals and families affected by alcohol and drug misuse, to enable them to make positive lasting changes which improve the quality of their lives.

Tel: 01279 438716

Web: www.adasuk.org



For support in crisis

Supported by the Duke and Duchess of Cambridge, 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 you need immediate help.

Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day. We can help you with relationships, depression, self-harm, exams and anything else that's troubling you.

Text SHOUT to 85258

Web: www.giveusashout.org



How it works

1



Text

Text SHOUT to 85258 from anywhere in the UK, 24/7.

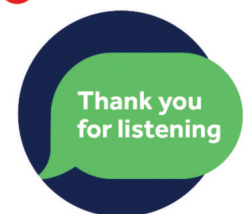
2



Connect

You will connect with a trained Crisis Volunteer who will listen without judgement to help you move from crisis to calm by texting back and forth and only sharing what you feel comfortable with.

3



Calm

The conversation only ends once you are in a calm and safe place, ideally with a plan for support going forward.

Depression



Prevention of young suicide

Papyrus was founded in 1997 by a mother from Lancashire, Jean Kerr, following the loss of her son to suicide. Today, Papyrus works in many ways to prevent young suicide.

Trained professionals will give non-judgemental confidential support and advice to young people struggling with thoughts of suicide, and to anyone worried about a young person through their helpline, HOPELINEUK.

Tel: 0800 0684141

Email: pat@papyrus-uk.org

Web: papyrus-uk.org/

STUDENTS AGAINST DEPRESSION

Sometimes the world can overwhelm us

Students Against Depression provides you with the resources you need to find a way forward from stress, low mood, depression or suicidal thinking.

We don't always realise we are depressed. We can help you understand how depression works, so you are better placed to tackle it.

Web: www.studentsagainstdepression.org



Under 25s Support



Essential support for under 25s

The Mix is the UK's leading support service for young people.

They are here to help you take on any challenge you are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Tel: 0808 808 4994

Text: THEMIX TO 85258

Web: www.themix.org.uk/

Eating Disorders



I am getting there through honesty with others and myself

Beating eating disorders

Beat is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. On their website, they have a range of information sheets, leaflets and booklets for you to download. You can also read some inspirational recovery stories.

Useful website: www.nhs.uk/conditions/Eating-disorders

Web: www.b-eat.co.uk