

These are strange times that we are currently living in and we hope you are keeping well. For some of you it may be very tough and we want you to know that there are many services which are here for you.

If you wish to speak to our school nurses about any worries you may have about your own wellbeing, our School Health Team number 01254 585000, press option 2.

Then depending on what area your school is in, press that option:-

2. Blackburn West (St Wilfred's/Witton/The Heights/St Bedes/TIGHs Boys/Blackburn College)

There is also a list of support services below which you may find helpful during this time;

### **Covid 19 information for young people**

<p><b>Place2Be</b> <a href="http://www.place2be.org.uk">www.place2be.org.uk</a></p>	<p>Support for emotional wellbeing with lots of useful information to help explain the current Covid 19 pandemic.</p>
<p><b>Healthy Young Minds</b> <a href="https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people/coronavirus">https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people/coronavirus</a></p>	<p>Support for emotional wellbeing with lots of useful information to help explain the current Covid 19 pandemic.</p>

### **Health and wellbeing**

<p><b>Refresh</b> <a href="http://www.refreshbwd.com">www.refreshbwd.com</a></p>	<p>The refresh health and wellbeing website has been redesigned and recreated to be much more focused on supporting health and wellbeing, specifically during these unusual and challenging times.</p>
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### **Support for your Emotional Health and Wellbeing**

<p><b>KOOTH</b> <a href="http://www.kooth.com">www.kooth.com</a></p>	<p>Kooth is a free, safe and anonymous online counselling support if you are feeling low, worried and would like to talk to someone online.</p>
<p><b>Lancashire &amp; South Cumbria NHS Foundation Trust.</b></p>	<p>Child &amp; Adolescent Mental Health Service (CAMHS)</p>

<p>Children &amp; Young People 24/7 support for Mental Health.</p> <p><b>Mental Health and Wellbeing Helpline</b>  <b>08009154640 or</b>  <b>TEXT HELLO to 07860022846</b></p>	<p>For Mental Health Crisis support <b>Under 16 years of age</b> contact:  8am-8pm 01282 804806 8pm-8am- 01254 226074</p> <p>For Mental Health crisis support <b>Over 16 years of age</b> contact:  9am-5pm- 01254 226430 5pm-9am- 01254226074</p>
<p><b>Anna Freud</b>  <a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a></p>	<p>Link to an evidence based support site with ideas for self-help and self-care.</p>
<p><b>YOUNG MINDS</b>  <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p> <p>For Crisis Helpline Text <b>YM to 85258</b> for 24/7 support.  Young Minds telephone helpline for parents and carers: <b>0808 8025544</b></p>	<p>Young Minds has great support for helping you navigate your feelings during the Coronavirus Lockdown.</p>
<p><b>CHILDLINE</b>  <a href="http://www.childline.org.uk">www.childline.org.uk</a>  <b>0800 11 11</b> (free phone, 24 hours)</p>	<p>If you are feeling down, stressed, anxious or lonely and want to talk to someone, free confidential help and advice is available for young people up to 19 years old.</p>
<p><b>Barnados</b>  <a href="https://www.barnados.org.uk/">https://www.barnados.org.uk/</a></p>	<p>Barnados help families and protect children. They can offer wide range of support for young people.</p>
<p><b>PAPYRUS</b>  <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>  Hope line UK <b>0800 068 4141</b></p>	<p>Non-judgemental support, practical advice and information to teenagers and young people up to the age of 35 years who are worried about how they are feeling or anyone who is concerned about a young person.</p>
<p><b>SAMARITANS</b>  <a href="http://www.samaritans.org">www.samaritans.org</a>  <b>116 123</b> (free phone, 24 hours)</p>	<p>Samaritans is there to listen to your worries. They are free to ring and will help you to talk through your stresses.</p>
<p><b>BEAT</b>  <a href="http://www.beatingdisorders.org.uk">www.beatingdisorders.org.uk</a>  Youthline <b>0808 801 0711 (Mon-Fri 12-8pm; Sat-Sun 4-8pm)</b></p>	<p>Beat is the UK's eating disorder charity: a guide and friend for anyone affected by an eating disorder and those supporting them</p>
<p><b>NEST</b>  <a href="http://www.nestlancashire.org.uk">www.nestlancashire.org.uk</a>  <b>0300 111 0323</b></p>	<p>Support for young people in Lancashire up to 18 years who have been affected by crime or subjected to bullying, threats or harassment</p>

<b>CRUSE Bereavement Care</b> <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> <b>0808 808 1677</b>	If someone has died and you are struggling with your loss.
<b>GRIEF ENCOUNTER</b> <a href="http://www.griefencounter.org.uk">www.griefencounter.org.uk</a> <b>0808 802 0111 (Mon-Fri 9am-9pm)</b>	Support for bereaved children and young people.

### **Online Safety**

<b>THINK U KNOW</b> <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>	Advice and guidance at keeping safe online. What to do if you need help or wish to report an online incident.
<b>Internet Matters</b> <a href="https://www.internetmatters.org/">https://www.internetmatters.org/</a>	- for support for parents and carers to keep their children safe online
<b>London Grid for Learning</b> <a href="https://www.lgfl.net/">https://www.lgfl.net/</a>	- for support for parents and carers to keep their children safe online
<b>Net-Aware</b> <a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a>	for support for parents and careers from the NSPCC
<b>Parent Info</b> <a href="https://parentinfo.org/">https://parentinfo.org/</a>	for support for parents and carers to keep their children safe online
<b>CEOP Internet Safety Centre</b> <a href="http://www.ceop.police.uk/Safety-Centre/">www.ceop.police.uk/Safety-Centre/</a>	Advice about staying safe, managing your identity, dealing with pressure, bullying or manipulative behaviour online.

### **Substance Support**

<b>Go2</b> <a href="https://www.changegrowlive.org/go2-blackburn-with-darwen">https://www.changegrowlive.org/go2-blackburn-with-darwen</a>	Counselling and support for young people about drugs, alcohol and smoking
<b>FRANK</b> <a href="http://www.talktofrank.com">www.talktofrank.com</a> <b>Text82111</b> <b>0300 123 6600</b>	Advice and guidance on drug and alcohol use. Information on effects of drugs and how to get support if your struggling during lockdown.
<b>STOP SMOKING SERVICE</b> <a href="http://www.quitsquad.nhs.uk">www.quitsquad.nhs.uk</a> <b>0800 328 6297 (free phone)</b>	If your struggling with smoking and you want to reduce and quit. This team will help you make a plan to beat the cravings.

## Domestic Abuse

<b>The Wish Centre</b> <a href="http://www.thewishcentre.org/young-people/">www.thewishcentre.org/young-people/</a> <b>01254 260465</b>	Advice for young people who have witnessed or experienced domestic abuse in the past, or those who may be vulnerable to abusive relationships, or need support in building positive friendships and relationships.
<b>National Domestic Violence Helpline</b> <b>0808 2000 247</b> (free phone, 24 hours)	
<b>RUNAWAY HELPLINE</b> <a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a> Call/Text <b>116 000</b> (free phone, 24 hours)	Run by the UK Charity Missing People for young people thinking about running away or anyone who is worried that someone they care about is going to run away.

## Sexual Health and Relationship Advice

<b>Brook</b> <a href="http://www.brook.org.uk">www.brook.org.uk</a>  Please call <b>01254 268700</b>	Free and confidential sexual health and wellbeing experts. Brook is located in Blackburn and operating telephone consultations at these times. Monday 12:00 - 17:30 Tuesday CLOSED Wednesday 12:00 - 17:30 Thursday CLOSED Friday 12:00 - 17:30 Saturday 11:00 – 14:30 Sunday Closed
<b>SEXWISE</b> <a href="http://www.sexwise.fpa.org.uk/">www.sexwise.fpa.org.uk/</a>	For information and support about sexual health, contraception, sexually transmitted infections (STIs), HIV, unplanned pregnancies and where to go for help if you've been sexually assaulted.

## General health support

<a href="http://www.eric.org.uk">www.eric.org.uk</a>	Support for young people with continence issues. Advice guidance and online support.
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## Apps for support

<b>Headspace</b> <a href="http://www.headspace.com">www.headspace.com</a>	App for mindfulness to help bringing some calm into your day.
<b>Period Tracker apps</b>	If your struggling with your periods, or losing track with them, then your app store/google play have a variety of apps for supporting you with managing your periods and wellbeing.
<b>Gratitude Apps</b>	When its hard to feel the sunshine in cloudy days, gratitude apps help you to see the positives, however small and have good outcomes to improve your wellbeing.
<b>Calm App</b>	Mediation and sleep app
<b>Smiling Mind</b>	Mediation App

**STAY SAFE, STAY HOME**