

Who can you contact if you are worried about your emotional health or need support whilst school is closed?



Kooth is an online and confidential service that can give you help and advice to support your mental and emotional health

www.kooth.com



Mind is a charity specialising in Mental Health. Its website has links to support, information and advice. www.mind.org.uk



Childline is a charity that offers support for children with issues or problems. It is online or you can ring them on 0800 1111

www.childline.org.uk



Buzz us is a North Yorkshire scheme where you can text 07520631168 and talk to a trained counsellor about anything troubling you.



THE WENSLEYDALE SCHOOL
& SIXTH FORM
LEYBURN

During what would have been normal school hours you can e-mail progress leads, Mrs Brosnan or Mr Lundie if you have any questions or need any pastoral support or advice.

What to do in an emergency?

- Make sure you ask for help from an adult that you trust and talk about your worries.
- Ring the Multi Agency Screening Team (MAST) at North Yorkshire County Council on 01609 780 780 or visit the North Yorkshire safeguarding site - <https://www.northyorks.gov.uk/safeguarding> for more information.
- If you are worried about your own safety you can contact the emergency services on **101**.

Supporting your Mental Health during the Coronavirus

The Coronavirus Pandemic is a unique challenge for the world at the moment. However, you can look after your Mental Health by:

- Talking to your friends and family about how you feel. It is normal to feel anxious or worried about the situation.
- Visiting websites that promote good mental health such as Mind or Kooth.
- Not watching the news too much or spending too much time on social media.
- Going outside and exercising.
- Making sure you get enough sleep.
- Continue to eat well and look after yourself.
- Being kind to others and helping out, where possible, in your local community.

E-safety

You will be spending more time online. Remember these top tips about staying safe online.

- Never give out personal information to people online.
- Never accept friend requests or messages from people you don't know.
- Think carefully about what you post online – once it is posted it is there forever.
- Be kind to others on social media
- Keep your privacy settings high and never share your password

If you come across anything that makes you feel worried, unsafe or uncomfortable then this can be reported to CEOP

<https://www.ceop.police.uk/safety-centre/>

For more information about staying safe online.

<https://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>