



Support for Young People and Parents During Lockdown

From School

Safeguarding mobiles (please use in a safeguarding emergency only): 07902 340836 or 07889 725557

School Website and Social Media (wellbeing section): Please regularly visit the website and our social media channels for wellbeing advice and tips. Students will be completing a wellbeing calendar as a form and will be reading every Thursday as a form group.

<https://www.harrogatehighschool.co.uk/parents-carers/mental-health-and-wellbeing/>

Email class teacher or Student Support Officer (SSO) directly if you have a concern

Sources of External Support

The Go To Website <https://www.thegoto.org.uk/>

North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

Recovery college Online <https://www.recoverycollegeonline.co.uk/>

Providing a range of online information to people who might be struggling with mental health issues (there is a section for under 12 and overs) and parents and carers

[\(https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/\)](https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/)

North Yorkshire services and support <https://www.northyorks.gov.uk/support-children-young-people-and-their-families#emot>

Information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire and access to the North Yorkshire Pathway of support for children and young people with self-harming behaviour and/or suicidal ideation

NHS suggested apps to support mental health <https://www.nhs.uk/apps-library/category/mental-health/>

Kooth <https://www.kooth.com/>

Free, safe and anonymous online support for young people and provides information and guidance.

Compass BUZZ US text service: Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text. When you text BUZZ US you will receive a message letting you know if we are open or closed. Within this text it will also let you know what you can do if we are not open and you need help in the meantime.



Childline <https://www.childline.org.uk/> provides a range of information and support on a number of issues. This includes support on cyberbullying <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

And Childline have the calm zone <https://www.childline.org.uk/toolbox/calm-zone/> which provides a toolbox of ideas to support emotions and express your ways

Anna Freud have developed alongside young people some self-care ideas <https://www.annafreud.org/on-my-mind/self-care/>

Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Internet matters <https://www.internetmatters.org/> provides a range of support for families to enable all family members to stay safe.

General Tips

It is important to get outside for fresh air and stay physically active; why not try these resources:

1. Joe Wicks - <https://www.youtube.com/user/thebodycoach1>
2. HHS VLE for activity ideas
3. Revisit the advent calendar challenges
4. Try yoga: <https://yogawithadriene.com/free-yoga-videos/>

Other tips: Keep a routine, get at least 8 hours sleep, eat healthily and remember to complete a range of activities that fulfil the 6 ways to wellbeing (students will still complete this in form time)



Sleep: <https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Diet: <https://www.nhs.uk/change4life>

Tips for routine: <https://youngminds.org.uk/blog/tips-for-creating-a-routine-during-self-isolation/>