

I want to find some support but I don't want everyone to know. Is there anything I can access myself?

www.releasethepressure.uk

Text **Kent** or **Medway** to **85258** for in-the-moment-help.

Release the Pressure is there for everyone, any age, 24/7. This text facility is free for most mobile networks and won't show up on your phone bill. It's a **free and confidential** service. If you want to speak to someone, call 0800 107 0160 and you can get **free** expert advice from trained counsellors. They deal with a wide range of issues: depression, stress, suicidal thoughts through to relationship or money problems and low self-esteem.

What else is available?

KOOTH: this is a service for ages 10 up to 25. It's online mental health support that gives free and confidential advice. There is also the facility to chat with a team member

www.kooth.com

KOOTH has an online community where you can remain anonymous but still access online support and counselling. There are different parts to this site: KOOTH magazine is full of other people's experiences, written by other young people. There are KOOTH discussion boards where you can start or join a conversation on all sorts of topics and issues. There are also tools to help you to help yourself, like keeping an online diary.

Another feature is KOOTH messenger where you can chat with others, via messages, or even contact a trained counsellor to have a conversation through text messages.

Counsellors are available from 12 noon till 10pm on weekdays and 6pm-10pm on weekends every day of the year.

KOOTH will only ask a few questions when you access the site: they DO NOT want your name. They only ask which area you live in (NOT your address); they ask for your age (so that they provide the right support for your age group, not somebody younger or older) and they ask for gender and ethnicity - but you can tick 'prefer not to say' if you'd rather. Then they ask you to create a profile name so that you can remain anonymous. That's it - all done.

What if I decide I'd like to speak to someone - but someone who doesn't know me?

Try **The Mix**: anyone under 25 years old can phone their helpline for free on 0808 808 4994. There is support there 7 days a week, from 3pm to 12am. They also have a webchat facility too.

www.themix.org.uk

The Mix also has a crisis text messaging service that is available 24 hours a day, 7 days a week. Text THEMIX to 85258 to access this free service.

The Mix also offers contact via email, or one-to-one chat or short term counselling support. They will offer support on a wide range of issues: mental health, homelessness, sex, exam stress, debt, drugs and so on.

There's also **Childline - 0800 1111** which is a free line to speak to a counsellor, or you can access online support to message a counsellor, or email them. There is a wealth of material on their website that's worth looking at as well:

www.childline.org.uk/get-support/contacting-childline/

I think I'd rather just read some material in my own time. I don't think I want to talk to anyone, I just want to know where to get information. Where do I go for that?

Have a look at **Every Mind Matters** for some information written specifically for youths:

www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/

There's information about low mood, anxiety, stress, sleep, exercise, dealing with change. There are short videos to watch and lots of other links to other support pages and websites. This is a good place to start if you want to read material to help feel better.

There are also links to other support sites, like **YoungMinds**:

www.youngminds.org.uk/find-help/looking-after-yourself/

There is material here on racism and mental health; sexuality and mental health; gender and mental health. It also looks at the effects of family and friends, drugs and alcohol, gaming and school stress and how all of these affect our mental health.

What about if I have questions about my sexual orientation or gender identity?

Have a look at the support offered by **Be You**:

www.thebeyouproject.co.uk

They have guides on Coming Out, Sex and Sexual Health, Staying Safe. They also have information for parents, carers and friends, plus a resources section as well.

What if I have health questions that I want advice on but don't want to go to my doctor?

ChatHealth is a confidential **texting** service for youths aged between 11 and 19. Contact a nurse on **07520 618850** about sexual health, body image concerns, healthy lifestyle advice, exam stress, feeling anxious or worried. You can access support from Monday to Friday, 9am - 5pm.

What about resources for parents and carers so they can help me?

There are lots of places parents and carers can access help for you. If you are feeling incredibly depressed or suicidal then start with a visit to your **GP or call NHS 111**. Your doctor may refer you to CAMHS, which is a service to support children and adolescents access mental health support.

If you are in immediate danger, parents and carers should **call 999 or go straight to A&E.**

Another option for parents and carers is to contact the **Single Point of Access (SPA)** on **0800 011 3474**. This line is supported Monday-Friday, 8am - 6pm. Staff will listen and talk through the support available to parents, carers and to students.

A telephone consultation will signpost two options: either emotional wellbeing support or mental health support. This SPA can also provide the Young People's Counselling Service for youths up to 19 who are struggling with their emotional health.

SPA can also be accessed online:

www.nelft.nhs.uk/services-medway-young-persons-wellbeing
www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health
www.kentcht.nhs.uk/school-health (counselling)

There are some excellent resources on sites like: **YoungMinds** which has a parents and carers helpline: 0808 802 5544 (Mon-Fri, 9:30am-4pm, free for mobiles and landlines)

The **Anna Freud Centre for Children and Families** has a series of podcasts on a range of issues as a wave of support, alongside other material and resources:

www.annafreud.org/parents-and-carers/child-in-mind/

Kent Resilience Hub also has a designated section for parents and carers wanting more help or advice:

www.kentresiliencehub.org.uk/parent-carers/

What help is available in school?

You can speak to your form tutor, your Head of Year or your Key Stage Lead.

If you don't want to do that, you can make contact with the wellbeing team by emailing: wellbeing@bordengrammar.kent.sch.uk and your message will be picked up by only 4 members of staff. One of them will then discreetly come and find you to have a chat about your concerns and offer you some help.

Borden has a School Welfare Officer who can see you for weekly or fortnightly sessions to support you over a period of time. Borden also has a teacher who runs sessions on resilience on a one-to-one basis and this gives you strategies to help you deal with stress, anxiety and depression. Again, these sessions are run discreetly so not everyone will know you are accessing help and support.

I'm off to college or university soon - what happens if I need some support and I'm away from home and friends?

Remember, a lot of the support in this leaflet is available up to the age of 19 and some offer support up to the age of 25 (The Mix) or for any age (Release the Pressure).

There is some specific support for students at university:

www.studentminds.org.uk

And by texting STUDENT to 85258, you can access free, confidential and anonymous support, 24/7.

What about help and advice around sexual health?

www.brook.org.uk

Free and confidential sexual health and wellbeing experts, as well as links to other support (medical advice, emotional support and mental health, domestic abuse and sexual violence)

What about support to prevent self-harm?

www.selfinjurysupport.org.uk

This website has a range of support, including for friends and parents and carers.
Helpline: 0808 800 8088 which offers free, confidential and non-judgemental support.
Text support: 07537 432444 (Tues, Wed, Thurs - 7pm-9:30pm)

What if I am having suicidal thoughts and am feeling desperate? Or what if I need advice to support my friend?

Call **Samaritans**: 116 123 24 hour helpline, free of charge from mobile or landline

CALM (Campaign Against Living Miserably) help and support for young men aged 15-35
Helpline: 0800 585858

www.thecalmzone.net

Papyrus: Prevention of Young Suicide

www.papyrus-uk.org

Helpline number: HopeLine UK - 0800 068 4141

What if I need help around a sexual incident, or sexual violence?

Contact an ISVA (Independent Sexual Violence Advisors) for counselling, therapeutic interventions and practical support. They will support survivors of sexual violence, both recent and historic.

isva@ekrcc.org.uk

This is a specialist student ISVA service to support those in education: 01227 826 900