



## Mental Health Support & Advice for Young People

### Wellbeing Advice to Students

Try to stay in a routine where possible

Get up and dressed, do not spend all day in your pjs

Try to eat healthily and at sensible times.

Exercise where and when you can.

Try to get a good amount of sleep at the right time, avoid sleeping during the day.

Don't watch too much news, take some time out when it gets too much and always check information comes from trusted sources.

Try and have some screen free time, read or play a board game or do some home baking.

Keep in contact with friends and support each other to stay positive.

If you are feeling anxious try some mindfulness techniques <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

Tell someone you trust if you need help.

Our Pastoral Teams will try to contact students through parent/carer contact numbers each week to check students are okay and discuss any concerns.

Safeguarding Staff are available through the school number 0113 2502330 by adding the following extension numbers or by email.

Claire Scaife (Ext 126) claire.scaife@bentonpark.net	Sara Wood (KS3) (Ext 183) sara.wood@bentonpark.net
Jo Welbourne (KS4) (Ext 198) jo.welbourne@bentonpark.net	Kathryn Holdsworth (KS5) (Ext 147) kathryn.holdsworth@bentonpark.net
Sarah Cowley (SenCo) (Ext 152) Sarah.cowley@bentonpark.net	Sandie Hodson-Walker (Ext168) Sandie.hodson-walker@bentonpark.net

## Other Support Services

 <p>This is a Leeds based service that can help young people understand how they are feeling and advise them of the services and support available to them.  <a href="http://www.mindmate.org.uk">www.mindmate.org.uk</a></p>	 <p>A place where young people can go to seek support and advice on a variety of concerns  <a href="http://www.childline.org.uk">www.childline.org.uk</a>  <b>0800 1111</b></p>
 <p>This is a free online counselling and emotional wellbeing platform  <a href="http://www.kooth.com">www.kooth.com</a></p>	 <p>National charity helping people with anxiety  <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>          03444 775774</p>
 <p>A project dedicated to supporting young people who have been impacted by self-harm  <a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a></p>	 <p>A society that aims to prevent young suicide through providing support and resources  <a href="https://papyrus-uk.org">https://papyrus-uk.org</a>          0800 0684141</p>
<div style="display: flex; justify-content: space-between;"> <div data-bbox="87 1064 391 1153">  <p>young people living after loss</p> </div> <div data-bbox="1189 1064 1484 1198">  <p>REBUILDING LIVES TOGETHER</p> </div> </div> <p>Services to support young people who are coping with bereavement and living after loss.  <a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a>          0800 0288840</p> <p><a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a></p> <p>0808 8081677</p>	
 <p>A service that supports people and provides services related to sexual health and relationships  <a href="http://www.leedssexualhealth.com">www.leedssexualhealth.com</a></p>	 <p>A service supporting LGBT+ individuals and communities across Yorkshire.  <a href="http://www.mesmac.co.uk">www.mesmac.co.uk</a>          0113 244 4209</p>
 <p>INSPIRING CHANGE</p> <p>Supports people impacted by alcohol and drug use  <a href="http://www.forwardleeds.co.uk">www.forwardleeds.co.uk</a>          0113 8872477</p>	 <p>A service offering a range of services including one to one support, counselling, group-work and our drop-ins.  <a href="http://www.themarketplaceleeds.org.uk">www.themarketplaceleeds.org.uk</a>          0113 2461659</p>