



Mental Health Support & Advice for Young People

Wellbeing Advice to Students

Try to stay in a routine where possible

Get up and dressed and prepare for your learning.

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 outside of school hours, read or play a board game or do some home baking.

Ask for help with your school work if you need it, or if you are concerned about the amount of school work you have.

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

Remember to take care to stay safe online.

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 are available to discuss any concerns you have or help you access your learning online.

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

Elle Bentley (Ext 167) Elle.bentley@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
Claire Scaife (Ext 126) claire.scaife@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. www.mindmate.org.uk</p>	 <p>A place where young people can go to seek support and advice on a variety of concerns www.childline.org.uk 0800 1111</p>
 <p>This is a free online counselling and emotional wellbeing platform www.kooth.com</p>	 <p>National charity helping people with anxiety www.anxietyuk.org.uk 03444 775774</p>
 <p>A project dedicated to supporting young people who have been impacted by self-harm www.selfharm.co.uk</p>	 <p>A society that aims to prevent young suicide through providing support and resources https://papyrus-uk.org 0800 0684141</p>
<div style="display: flex; justify-content: space-between;"> <div data-bbox="87 963 399 1064">  <p>Services to support young people who are coping with bereavement and living after loss. www.childbereavementuk.org 0800 0288840 www.hopeagain.org.uk 0808 8081677</p> </div> <div data-bbox="1189 974 1476 1108">  <p>REBUILDING LIVES TOGETHER</p> </div> </div>	
 <p>A service that supports people and provides services related to sexual health and relationships www.leedssexualhealth.com</p>	 <p>A service supporting LGBT+ individuals and communities across Yorkshire. www.mesmac.co.uk 0113 244 4209</p>
 <p>Supports people impacted by alcohol and drug use www.forwardleeds.co.uk 0113 8872477</p>	 <p>A service offering a range of services including one to one support, counselling, group-work and our drop-ins. www.themarketplaceleeds.org.uk 0113 2461659</p>
 <p>Samaritans offer emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom. You can call or text for free 116123. This service is available 24/7.</p>	