

Dear Student,

The Covid-19 crisis has created a great deal of uncertainty, worry and upset right across the country and this applies to our school community as well. You have all been forced out of your usual school routine again and have had to adapt, as we all have, to new working practices and situations. You are all also still having to follow the stringent government guidelines limiting your movement and the contact you have with others in order to reduce the spread of this dangerous disease.

As staff at school, we have used video calling regularly to work together, as well as to connect with other people. If you have this facility, you could use video call to speak to your friends to interact with them.

In the absence of face-to-face contact at school, we want you to know we are still here to support you just as we are when you are with us in school. You can contact any member of staff with a concern or disclosure. Emails are checked daily and gives you the ability to raise a concern without having to speak to someone face to face.

I wanted to let you all know that we have introduced a **school safeguarding mobile phone** that we are checking regularly each day. The number is **07376 286017**. You can call that number and either speak to a member of the pastoral team, leave an answerphone message, or you can text message that number as well. If you leave a phone number in the message, you will get a quick reply. The phone will be turned on from 8.30am to 3pm term time only.

There are also, of course, local and national agencies that you can use and some of these services have been listed below:

- **Multi Agency Safeguarding Hub (MASH)** 01403 229900 – a phone number where you can report anonymously a safeguarding concern about a young person, either in your family or in the local community.
- **Childline** (0800 1111)
- **NSPCC** (www.nspcc.org.uk 0808 800 5000) offer confidential support to all young people over the phone.
- **www.thinkuknow.co.uk** offers guidance and advice for online safeguarding
- **Youth Emotional Support (YES)** is a free service for young people aged 11-18 looking for support with their well-being. Some of the things we can support you with include: your mood, feeling anxious, relationship issues, self-injury, unhelpful thoughts, self esteem, significant life event, anything that might be worrying you. The type of help they we can offer includes one-to-one support and group working. We can also tell you about online or face to face counselling and other agencies that can support and advise you. Email yes@westsussex.gov.uk Tel:033 022 26711

- NHS Chat The CHATHEALTH text service run by school nurses is manned daily from 9-4. Students please text in for confidential support and advice. 07480 635424. They help students with all kinds of things like.... Relationships, Mental health, Bullying, Self-Harm, Health Eating, Drugs and Smoking
- **The Sussex Mental Healthline** is a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health. The service is available to anyone concerned about their own mental health or that of a relative or friend and this includes carers and healthcare professionals. You do not need an appointment. 0800 0309 500 or 0300 5000 101 www.sussexpartnership.nhs.uk/sussex-mental-healthline
- **B-eat** - <https://www.b-eat.co.uk> (0808 801 0711) are a specialist eating disorder service that run a helpline and have a website with useful information.
- **Headspace** – a free app with mindfulness sessions (10 sessions are free and then you can subscribe for more)
- **Shout** - www.giveusashout.org or **text** Shout to 85258. Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
- **YMCA Dialogue counselling** - <https://www.ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/> 01273 725259 – offers counselling for young people via a request form. Or you can text 07739 893707.
- **MIND** open Monday to Friday 9 – 6pm. 0300 123 3390. Also offer lots of online resources, and you can find out where your local office is where you can access 1:1 support, groups, drop-ins and general support and information.
- **Samaritans** offers a listening service 24 hours a day on 116 123 and is free to use.
- **The Mix** is a free support service for people under 25. 0808 808 48994 or help@themix.org.uk – text: THEMIX to 85258
- **Rethink Mental Illness** offers practical help through its advice line Monday to Friday 10 – 4pm 0300 5000 927. www.rethink.org.
- **Young Minds** www.youngminds.org.uk - for parents and young people. Lots of online resources, helpline and general information.

- **MoodGYM** – www.moodgym.com.au – online self-help for depression and anxiety.
- **Happy Maps** – www.happymaps.co.uk Find advice and support for parents and young people/children on anxiety, self-harm, depression, eating disorders, ADHD, ASD etc
- www.thepositivepage.org - online support for young people suffering with emotional distress
- **Your Space – West Sussex County Council.** <https://www.westsussex.gov.uk/education-children-and-families/your-space> - help and advice for young people on absolutely everything.
- **Find it Out** – Local centres for young people from 13 – 25 years. Search for your local centre and check when they are open. They can help with counselling/emotional support, homelessness, CV and job hunting, sexual health, family and relationships and much more.
- **Zumos** is an online service. **Zumos** builds your self-confidence and wellbeing. It helps you to practise being a mindful person and builds your inner strength to be a resilient person and it enables you to track your progress. It helps you to find happiness in your life every day. (Contact your Progress Leader or Pastoral Manager if you do not have your password)
- **#stayalive** – an app for those at risk or for people worried about someone who may be suicidal.
- **Calm Harm** – an app that provides tasks that can help you resist or manage the urge to self-harm.
- **SAM anxiety management** – an app to support young people to understand and cope with anxiety
- **Mindshift** – an app with anxiety coping tools.
- **Smiling Mind** – an app designed to assist people in dealing with the pressure, stress and challenges of daily life.
- **Sleepio** – an app for those with sleeping difficulties

- **Bereavement** - They support children and young people after the death of a parent or sibling www.winstonswish.org 08088 020 021
- **Counselling Service** – there are a few new online services – **Reaching Families** are offering counselling, **CGL** are offering video counselling for 13-18 year olds affected by parental alcohol or drug misuse and **Sussex Community NHS Trust** are offering confidential text messaging support.
- **Domestic violence Worth services** should be contacted in the first instance when there has been domestic abuse. 07834 968539 or 033 022 28181 or emailing domesticabuseservicescentral@westsussex.gov.uk (9am to 5pm)

In School Support

- **Dr Rob Kirkwood, our independent Mental health and Well-being consultant.** As part of our on ongoing community support in response to the COVID 19 pandemic and related shutdown, Dr Rob Kirkwood, our independent Mental health and Well-being consultant, is offering thirty minute telephone or Zoom consultations. If you would like to book a slot, please email in advance at rki@ifieldcc.co.uk and he contact you directly
- **School Counselling** - Any student that would like some online counselling support with our school councillor, please contact Mrs Jackson at the college or email her aja@ifieldcc.co.uk

If you feel that due to your mental health, you are at immediate risk of harm to yourself or others, please visit your GP, contact NHS 111 out of hours, or visit your local Accident and Emergency department at hospital. The Sussex Mental Health Line is available 24/7 on 0800 0309 500 or 0300 5000 101. If you have seriously harmed yourself, call 999 or go straight to Accident and Emergency.

We will continue to offer the best safeguarding support possible to all of you at this time of unprecedented challenges. If you are concerned about your wellbeing, you should use the resources and contacts above.

Yours faithfully

Mr K Laundon

Assistant Headteacher