



Dartford
SCIENCE & TECHNOLOGY COLLEGE

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Re: Wellbeing services available to students

Dear parents and students,

There are a number of different services available to students and parents during the Lockdown period to support wellbeing and mental health. I wrote to families in the first period of Lockdown, but wanted to re share some of the services that families have found useful.

Safeguarding:

Firstly, if you are concerned about a child in a safeguarding sense, then you would need to report your concerns to Social Services, and / or the Police. If the child is in immediate danger, then 999 should be called. Procedures regarding child abuse concerns can be found here:

- <https://www.kent.gov.uk/education-and-children/protecting-children>

If you have any further concerns or need to pass on information regarding a referral you have made, please email me at: deborah.ellis@dstc.kent.sch.uk I will ensure a member of the Safeguarding Team to contact you.













Wellbeing resources:

- **SPEAK TO SOMEONE: Shout** – crisis support, text 'Kent' to 85258
- **Kooth** - online counselling for 10-17yr olds: www.kooth.com
- **NHS - Mental Health Helplines:** <https://www.nhs.uk/conditions/stress-anxietydepression/mental-healthhelplines/>
- **Porchlight Be You Project** – support for 8-25 year olds from the LGBT+ community and parents and carers: <https://thebeyouproject.co.uk>
- **NHS and Mind** working together in North Kent: <https://northkentmind.co.uk/talking-therapies-iapt/> / NHSreferrals@northkentmind.co.uk
- **NHS Track and Trace App:** <https://covid19.nhs.uk/>
- **Kent Together:** 03000419292 or online: <https://www.kent.gov.uk/social-care-and-health/health/coronavirus/kent-together>
- **Mental Health Foundation:** <https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>
- **Healios – Thinkninja app** with new content about covid19 providing self help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis.
- **Young Minds** - Talking to your child about Coronavirus and 10 tips from their parents helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- **Anna Freud** – Self-care strategies: <https://www.annafreud.org/on-my-mind/self-care>
- **BBC Newsbeat** - advice to cope with self-isolation: <https://www.bbc.co.uk/news/newsbeat-51960752>
- **Headstart Kent Resilience Hub** - Supporting 10-16 year olds to cope better with the pressures of everyday life: <https://kentresiliencehub.org.uk/>



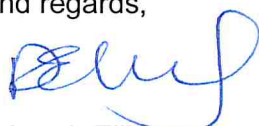
- **Healthwatch Kent** – Coronavirus is affecting my mental health what can I do?
<https://www.healthwatchkent.co.uk/adviceand-information/2020-03-26/coronavirus-affecting-my-mentalhealth-%E2%80%93-what-can-i-do>
- **Moodspark** - A place where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough:
<https://moodspark.org.uk/>

Mobile apps

<p>Coronavirus Support (UK)</p>  <p>An app that helps you cope with the Coronavirus pandemic. It covers everything from general health advice to managing everyday practical problems and improving your mental health.</p>	<p>Mind Shift</p>  <p>Aimed to help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. An app for all ages.</p>	<p>SAM</p>  <p>Self-help for Anxiety Management is better known as SAM, and SAM is designed to help you learn more about your anxiety, build your own anxiety toolkit, and tailor your self-help to your own life.</p>
<p>Stay Alive</p>  <p>Enables people to create their own safety plans which are accessible on their phones, has advice and tips about managing suicidal thoughts and ideas for grounding techniques and 'reasons to stay alive'. Provides easier access to crisis plans.</p>	<p>Calm Harm</p>  <p>Offers several ideas for activities to try to manage urges to self-harm, this includes suggestions in the following areas: Comfort, distract, express emotions, release, random and breathe. Each category gives a long list of suggestions and examples of techniques.</p>	<p>DistrACT</p>  <p>Contains information about self-harm and suicidal thoughts, self help strategies, a 'chill-zone' and details about available services and support - both local and national. Also, know what to do in a crisis or emergency.</p>
<p>Gratitude Garden</p>  <p>Intended to help you maintain the gratitude practice of noting down three good things that have happened each day. Be reminded of the good things in life by writing them down.</p>	<p>Hub of Hope</p>  <p>National mental health database which brings together organisations and charities from across the country, who offer mental health advice and support, all in one place.</p>	<p>Colouring Book for Adults</p>  <p>Lots of creative pages to colour, ranging from florals, fantasy, birds, mandalas, animals, doodles, pixels and more. A great distraction tool and you can even share your artwork with friends.</p>
<p>Headspace</p>  <p>Everyday mindfulness and meditation for stress, anxiety, sleep, focus, and more. Free introductory sessions, but for full content a subscription is required.</p>	<p>Cove</p>  <p>Improve your mental health by making music on this simple app, which encourages self-expression through sounds instead of words.</p>	<p>Stop, Breathe & Think</p>  <p>A friendly app to guide people through meditations for mindfulness and compassion, intended to help users cope with stress, anxiety, depression, and insomnia. Lots of free content including a series on 'Calm Coronavirus Anxiety'.</p>

Thank you for your ongoing support. I hope that you and your family stay well both mentally and physically.

Kind regards,



Deborah Ellis
Vice Principal
Designated Safeguarding Lead