

## The South Wolds Academy & Sixth Form - supporting emotional health



Good mental health is the foundation of young people's emotional and intellectual growth; underpinning the development of confidence, independence and a sense of self worth. It can be hard to know how young people are feeling and, as parents and carers, how best to offer advice and guidance.

Here are the contact details of some **counselling and support services** available for **free: online, by phone, text, or e-mail.**

### South Wolds Academy and Sixth Form - emotional health team

**School Based Well Being and Emotional Health Lead** - Miss Drewett - [gdrewett@southwolds.notts.sch.uk](mailto:gdrewett@southwolds.notts.sch.uk)

**Vulnerable student Support worker** - Mrs Danson - [ldanson@southwolds.notts.sch.uk](mailto:ldanson@southwolds.notts.sch.uk)

**Designated Safeguarding Lead** - Mr Simpson - [msimpson@southwolds.notts.sch.uk](mailto:msimpson@southwolds.notts.sch.uk)

School based well being and emotional health is the responsibility of every member of staff. Where there are specific concerns regarding a young person's emotional health, support is allocated according to need.

For general wellbeing or engagement in learning concerns, please contact your child's Head of Year in the first instance.

For urgent safeguarding concerns or if you wish to report something you are aware of, please call the main school number 0115 9373506 or email the Designated Safeguarding Lead, Matthew Simpson at [msimpson@southwolds.notts.sch.uk](mailto:msimpson@southwolds.notts.sch.uk).

Contact will be made with you as soon as possible during school hours.



# The South Wolds Academy & Sixth Form - supporting school based anxiety



At any age, children can find going to school difficult. They may be very unwilling to get up, get ready; they may feel sick, or complain of stomach/headaches; they may get angry or upset. The longer it goes on, the more worrying it can be for the child, their parents or carers. Some children feel anxious about the thought of school when they are at home, but settle down during the school day, while others only display anxiety while at school.

Some parents find their child's distress at going to school so hard to bear they keep them at home, to avoid daily upsets. It may seem like a solution, but doing this can make the problem much worse. Whilst situations like this are rare, it is really important to work in partnership with school to address the issue.

1. Tackle it early – the longer anxiety about school persists, the deeper it becomes.
2. Talk to your child, listen to their fears and respect their feelings. Try out practical strategies that help them to be in control of their anxiety. For example, younger children could try a making a 'worry box' where at a certain time each day they write down their worry, post it in the box, close the lid and don't worry any more about it that day. For older teenagers support them in finding anxiety-reducing activities like sports, a creative hobby or youth club.
3. Talk to the Attendance Officer - Mrs Frazer-Hallam. Make her aware of the situation and agree strategies to begin resolving the issue. This could include things like regular check-ins with a key member of staff, a quiet space for break time and lunchtime.
4. Try to reduce your child's fear of failure and disappointment. Help them to recognise that anxiety can happen to everyone and it's ok.
5. Make sure routines are consistent, including time for regular meals, homework, and fun.
6. Seek professional help from your GP if needed.

**For more information or support please contact Mrs Frazer-Hallam, Attendance Officer, in the first instance.**

# Information about local mental health services for young people in Nottinghamshire

The **Healthy Families Team** are an excellent source of support and one recommended to parents as a first point of call for help and advice.

Text line for students is 07507 329952 - 11-19 year olds

Tel: for students or parents - 0300 1233387 (option 4)

Healthy Family Teams provide parents and carers advice around child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.

## CAMHS Crisis Resolution & Home Treatment

0-18 years

### Who is this for?

Young people who are experiencing a mental health crisis such as those who are at risk of immediate and significant self-harm.

### What do they offer?

Provide intensive support, determined at the point of assessment and reviewed on a daily basis, until the crisis is resolved or more appropriate services are identified to meet the current needs within a maximum of up to 6 weeks. The service operates 8am to 10pm during the week and 10am to 6pm at the weekend.

### How can I access it?

For more information about the service and how to access please phone or visit the website.

Phone: 0115 854 2299 or 0115 844 0560

Website: [nottinghamshirehealthcare.nhs.uk/camhs-crisis-team](http://nottinghamshirehealthcare.nhs.uk/camhs-crisis-team)

## Base 51



SCAN ME

12 - 25yrs.

### Who is this for?

Young people living within the South of the County who want to access emotional health and wellbeing services, including counselling and crisis drop-in sessions.

### What do they offer?

1-1 Counselling sessions, crisis support and advice and guidance for a range of emotional health needs.

### How can I access it?

Young people do not need a referral to access this service. For further information please phone, email or drop in.

Phone: 0115 952 5040

Email: [counselling@base51.org.uk](mailto:counselling@base51.org.uk)

Drop in: NGY 29-31 Castle Gate, Nottingham NG1 7AR (Monday - Friday 9am - 8pm)

## Kooth

11 - 24yrs

### Who is this for?

Young people who want to talk to a mental health professional online, anonymously and free.

### What do they offer?

Drop in or bookable online text based counselling sessions along with messaging, discussion forums and self-help. Counselling available 12pm - 10pm weekdays and 6pm-10pm weekends. Young people will also have access to message forums, articles and a range of self-help guidance.

### How can I access it?

Young people can register directly through [kooth.com](http://kooth.com)



SCAN ME

## Health for Teens & Health for Kids



SCAN ME

### Who is this for?

Children and young people across Nottinghamshire who need more information about local services, advice and guidance.

### What do they offer?

Bite sized information about health and wellbeing directing young people to the most appropriate local services and support.

### How can I access it?

Direct access via:

Website: [healthforteens.co.uk](http://healthforteens.co.uk) or [www.healthforkids.co.uk](http://www.healthforkids.co.uk)

## Safe Time

0 - 18yrs

### Who is this for?

Young people aged 17 and under who are a victim/survivor of sexual exploitation or sexual abuse.

### What do they offer?

Therapeutic support for young people to minimise the impact of the abuse on their emotional wellbeing and mental health and increase their resilience.

### How can I access it?

Young people, parents/carers or professionals can refer via:

Phone: 0115 960 6975

Email: [safetimeadmin@childrensociety.org.uk](mailto:safetimeadmin@childrensociety.org.uk)

### KEY







# The South Wolds Academy & Sixth Form - supporting emotional health

**The Proud Trust** - [www.theproudtrust.org](http://www.theproudtrust.org)

*the* **PROUD TRUST**  
 ...is the home of **LGBT+** youth  
 (Lesbian. Gay. Bisexual. Trans  
 + other identities such as  
 asexual. intersex. questioning...)





**Nottinghamshire Healthcare**   
 NHS Foundation Trust

Young people aged 11-19 can receive confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses. The service will allow young people in the area to send messages to a dedicated number which will be delivered to a secure website. Once there, texts will be responded to by the Healthy Family Team within one working day. Text number **07507 329952**

**Childline** - available **24/7** (For all mental health needs / concerns, help or advice) [www.childline.org.uk](http://www.childline.org.uk)

Tel: 08001111 (free)

Toolbox of games, advice videos and ways to deal with emotions: <https://www.childline.org.uk/toolbox/>  
 Calm zone for activities, breathing exercises and more: <https://www.childline.org.uk/toolbox/calm-zone/>

## Apps For Your Phone





**headspace**  
 Meditation made simple.  
 Focus on what matters to you.  
 Learn in just 10 minutes a day.

**Worried about self-harm?**  
 Download the free Calm Harm app  
 Featured on NHS Digital Apps Library



**SAM App**  
 Anxiety Management on your Mobile






# The South Wolds Academy & Sixth Form - supporting emotional health



**Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.**

If you have concerns regarding your child's online activities please visit <https://www.thinkuknow.co.uk/parents>

To support parents and carers in keeping their children safe online while they are off school, thinkuknow have produced a helpsheet with advice and links to Thinkuknow resources

[https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow\\_secondary\\_parents\\_helpsheet.pdf](https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow_secondary_parents_helpsheet.pdf)

**Young Minds** - [youngminds.org.uk](http://youngminds.org.uk)

Young Minds is the UK's leading charity fighting for children and *young* people's mental health



**Text: YM to 85258 (Free)**  
<https://youngminds.org.uk/>

**Samaritans** - available 24/7



**Call 116 123**

<https://www.samaritans.org/>

**Write to us**  
Chris  
Freepost RSRB-KKBY-CYJK  
PO Box 9090  
STIRLING FK8 2SA

**jo@samaritans.org**  
Response time: 24 hours