

## **Venerable Bede CE Academy: Mental Health and Wellbeing Directory**

**For urgent mental health support for your child, please  
ring the CYPS duty team on 0191 566 5500**

If you feel that your child may require a referral to support their mental health please contact [sally.holt@venerablebede.co.uk](mailto:sally.holt@venerablebede.co.uk)

### **1: 1 Direct Support for Young People: Anna Freud Centre**

Young people may be referred from school for online 1:1 interventions for anxiety and/or low mood and will be offered a brief intervention based on agreed goals with the young person, using cognitive behavioural techniques and providing a reflective space for the young person to work on current difficulties. This will be an offer of 4 – 6 sessions with the same practitioner.

A parent/carer must be present for either the first appointment or have agreed to meet with the practitioner prior to the intervention starting. The young person must not be involved with or meet threshold for CYPS.

Please contact Miss Holt on [sally.holt@venerablebede.co.uk](mailto:sally.holt@venerablebede.co.uk) if you would like your child to be referred.

### **Parent/Carer Support Offer: Anna Freud Centre**

Our school is offering support for parents and carers commencing January 2021 in the form of a four session programme of reflective groups led by a trained facilitator. The theme of the group beginning in January is 'managing adolescent emotions.' The sessions will provide some knowledge and understanding of adolescent development and strategies to support your child through these challenging times.

This support is provided by Anna Freud National Centre for Children and Families (AFNCCF), a national charity for children and families with extensive involvement in supporting schools.

The sessions will take place online using the online platform Zoom and registration will be required in advance. Please note that places are limited and will be available on a first come, first served basis. Registrations will be closed 24 hours ahead of the group start. If there is not sufficient interest then the group will not run and registrants will be advised.

Each group session will run for an hour on the following days:

- Tuesday 19th Jan 2021 – 2pm-3pm
- Tuesday 26th Jan 2021 – 2pm-3pm
- Tuesday 2nd Feb 2021 – 2pm-3pm
- Tuesday 9th Feb 2021 – 2pm-3pm

Please use the following link to register for the four week programme: <https://annafreud.zoom.us/j/0oduGurjwoEty7hQL4TFgCZqc8GjKNaDdE>

If you have any questions or to find out more, please contact Laura, Support Services Manager:

Email: [trispace@annafreud.org](mailto:trispace@annafreud.org)

Telephone: 07776 760 957

A Zoom Guidance Document is available from school. Please email [sally.holt@venerablebede.co.uk](mailto:sally.holt@venerablebede.co.uk)

### **1: 1 Parent/Carer Session: Anna Freud Centre**

If you would like to participate in a 1:1 session to discuss ways to support your child's mental health and wellbeing please email [trispace@annafreud.org](mailto:trispace@annafreud.org)

### **Good Vibes Counselling: Bluewatch Youth Club**

This is a new initiative working in youth centres and community venues across Sunderland to provide mental health counselling support to young people aged 10-19.

Referrals to the service can be made by youth workers, parents/carers. Self-referrals can be made by young people themselves. For those aged 13 and under parental/carers consent is required.

Good Vibes counsellors (provided by Sunderland Counselling Service) are working throughout the lockdown providing face to face, Covid-secure counselling sessions at Blue Watch Youth Centre. Young people do not have to be a member of Bluewatch to access counselling.

Any young people, parents or carers who would like to access counselling support or find out further information, please send a message through the Bluewatch Facebook page or email on [bwyc.main@gmail.com](mailto:bwyc.main@gmail.com)

### **Live Chat with a Counsellor: Washington Mind**

Washington Mind are offering the opportunity for young people to chat live with a counsellor from 2pm – 3pm, Monday – Friday. <https://www.washingtonmind.org.uk/live-chat/>



The poster features the Washington Mind logo at the top left, with the text 'NOW LIVE AT THE BELOW TIMES...' to its right. A large 'Live Chat!' graphic is on the top right. Below the logo, a message states: 'We are all facing the unknown at the moment, and the uncertainty that surrounds Coronavirus is affecting us all. Please remember that you are not alone - Washington Mind continues to offer support, and we want you to know that there are many things that you can do to support your wellbeing during these very difficult times. Please see [www.wellbeinginfo.org](http://www.wellbeinginfo.org) for more information.' The central part of the poster shows a hand holding a smartphone displaying the Washington Mind app interface. To the right of the phone, the 'LIVE CHAT SCHEDULE:' is listed: 'SUPPORT FOR YOUNG PEOPLE: MONDAY - FRIDAY 2PM-3PM' and 'SUPPORT FOR ADULTS: MONDAY - FRIDAY 3PM-4PM'. Below this is the 'bacp Accredited Service' logo. At the bottom, a blue box contains the text: 'If you would like to speak with a counsellor via telephone please call 0191 417 8043 or visit [washingtonmind.org.uk](http://washingtonmind.org.uk) for more information and click the 'Live Chat' box to start a safe and confidential conversation'.

**Kooth.com:** <https://www.kooth.com/>

Kooth is a web based free, confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor.

Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed.

Outside counselling hours young people can message our team and get support by the next day.

When young people register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

**Zumos:** <https://www.zumos.co.uk>

Zumos is a free, online mental health and wellbeing platform and is a totally confidential way for young people to access 24/7 support with their wellbeing and mental health.

Zumos disrupts the model of responding only to crisis by building strong self-confidence, resilience and wellbeing. Everything on Zumos is expert written, peer reviewed and passes through a due diligence process. All content and features have been developed in collaboration with the Child and Adolescent Mental Health Service (Zumos has a CAMHS kite mark), local councils, head teachers, educational psychologists and students.

Pupils can set up their own Zumos account and should complete four 'All About Me' power quizzes. To do this, pupils should:

- Go to: <https://www.zumos.co.uk/#join>
- Enter the School Code : STUSEC1456SR2
- Click "Check Code"
- Fill in the "Create Student Profile" form
- Click on "Create Profile"
- Login through the log in page: <https://www.zumos.co.uk/Login.aspx>

Pupil accounts are anonymous and can be accessed 24/7 on any internet-connected device. The only information that is shared with school is the pupil's identified gender and their year group. This information allows us to get the best possible picture of the overall wellbeing of our students and work in a focussed way to maximise the emotional health of our young people.

The interface is user-friendly, and when a student searches an issue they get immediate access to specific, supportive web links, telephone numbers, podcasts, video support and further reading in order to help them make positive choices.

The platform is not only intended for use when a student has a specific worry or concern, there are daily, short 'how to be happy' clips that focus on strategies to maximise emotional health. 'Power Quizzes' allow students to reflect upon their own wellbeing and decide if they need to take action to boost it, as well as age appropriate guidance. Games are also available, although these are limited to a few minutes per day, and there is a 'chillout' area where meditative breathing exercises and mindfulness practise is supported.

### **Coronavirus Crisis Support 70 Day Wellbeing Programme: Zumos**

<https://www.zumos.co.uk/Wellbeing.aspx>

Zumos has brought together its experts to create this new daily programme to help you and your family: build strong relationships, practice mindfulness, fitness, manage time, plan and achieve goals and strengthen our overall mental wellbeing. Day by day and step by step. Please follow link for an introduction to the programme: <https://youtu.be/cOlGiji6Bn4>

### **Young Minds Crisis Messenger**

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

A vertical poster with a dark blue background. At the top, the text 'Having a mental health crisis?' is written in white. Below this is a photograph of a young woman with long brown hair, looking down with a sad expression. At the bottom, there is white text providing information about the crisis support service, including the text 'Text YM to 85258 for free 24/7 support across the UK if you are experiencing a mental health crisis.' and logos for 'YOUNGMINDS Crisis Messenger' and 'powered by CRISIS TEXT LINE'.

**Having a mental health crisis?**

Text **YM** to **85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

**YOUNGMINDS**  
Crisis Messenger

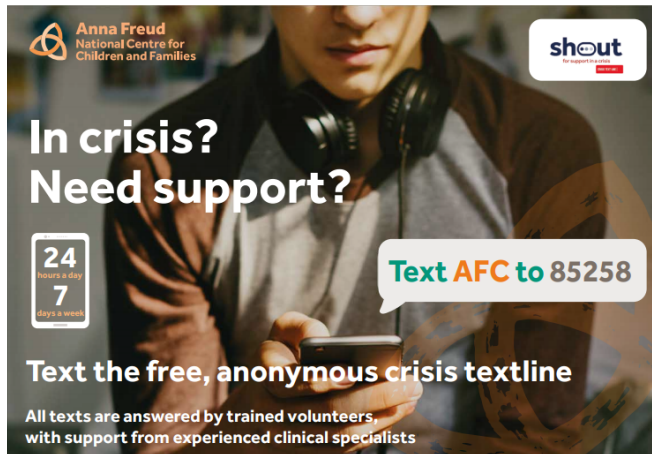
powered by  
**CRISIS TEXT LINE**

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## Crisis Textline

<https://www.crisistextline.uk/>

The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.



## Parent Helpline: Young Minds

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. 0808 802 5544 (non-urgent)

## Wellbeing and Mindfulness – Venerable Bede Website

<https://www.venerablebede.co.uk/wellbeing/>

## Supporting Mental Health: Foldr

Further resources can be found in the Student resources section of Foldr

<https://foldr.venerablebede.co.uk/home/files/Student%20Resources/Supporting%20Mental%20Health>