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**Secondary School Guidance for staff**

The PowerPoint slides contain the instructions and materials needed for each activity but here are some helpful tips for teachers when using them with students.

* Each activity/discussion should take up to 15 minutes to complete. You may need additional time for discussion after.
* Some of the activities involve connecting with their feelings and reflecting on their support network. Some students may want to share and others may not.
* The discussions may bring up difficult feelings or reveal that some students need further support. Please liaise with your DSL and pastoral team as needed. Please see below for some helpful signposts.

**Signposting for students**

* Young Minds <https://youngminds.org.uk> The Young Minds 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. Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm).
* The Mix <https://www.themix.org.uk> 08088 084994 Essential mental health support for Under 25’s, 1:1 online chat, crisis messenger service and helpline.
* Kooth <https://www.kooth.com> Kooth is the UK’s leading mental health and wellbeing platform. It is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
* Papyrus <https://papyrus-uk.org> Papyrus provides confidential support and advice to anyone under the age of 35 struggling with thoughts of suicide and anyone worried about a young person. You can call their helpline HOPELINEUK on 0800 068 4141 (9am – 10pm, Mon – Fri, 2pm – 10pm Sat and Sun).
* ChildLine <https://www.childline.org.uk> ChildLine is a service to help anyone under 19 in the UK with any issue they’re going through. Call ChildLine free on 0800 1111 or speak to a counsellor online.

**Signposting for parents and school staff**

* Qwell <https://www.qwell.io> Qwell offers adults flexile therapeutic support free at the point of access. It is an online counselling and emotional wellbeing service providing adults with early intervention support.
* Samaritans <https://www.samaritans.org> Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline. Call 116 123.
* Mind <https://www.mind.org.uk> Mind is a UK Mental Health charity providing information and advice on a range of mental health topics and an online mutual support community (elefriends). They offer an information and signposting service, open 9am to 6pm, Monday to Friday, 0300 123 3393.
* Education Support <https://www.educationsupport.org.uk> Education Support provide mental health and wellbeing support services to all education staff and organisations via online resources and a free 24/7 confidential helpline, call: 08000 562 561, text: 07909 341 229 providing support through counselling, coaching, information and signposting.
* MindEd <https://www.minded.org.uk> MindEd is a free educational resource, providing advice and information from trusted experts on children’s and young people mental health. MindEd is suitable for all adults working with, or caring for, infants, children or teenagers; all the information provided is quality assured by experts and is easy to understand. They aim to give adults who care for, or work with, young people the knowledge to support their wellbeing, the understanding to identify a child at risk of a mental health condition and the confidence to act on their concern and, if needed, signpost to services that can help.
* NSPCC <https://www.nspcc.org.uk/> The NSPCC run dedicated helplines for those who want to report child abuse and neglect, or are worried about a child and are not sure what to do. Call NSPCC on 0808 800 5000.