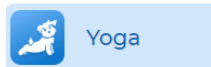


Helpful apps? All free

Down Dog app: Mental health and wellbeing Yoga app

www.downdogapp.com/

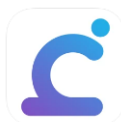


Blue Ice: is a mental health app to help young people manage their emotions and reduce urges to self-harm.



Chilli: Use breathing techniques to help you relax more, worry less and feel better.

Calm Harm: Provides tasks to help you resist and manage your urge to self-harm and promote positive mental health



MeeTwo: A safe and secure forum for teenagers wanting to discuss any issues affecting their lives

My Possible Self: the mental health App : learn how to manage fear, anxiety and stress and tackle unhelpful thinking



ThinkNinja: ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

If you need help or you have any concerns you wish to share please approach a teacher you trust and you will be supported

If you are concerned about your or a family members safety you should always phone **999**

Student Support leaflet

All Saints Catholic School is committed to safeguarding children whilst at school and at home. We understand that you may find it isolating at times to be away from the support of your friends and teachers at school

This leaflet contains information for you to access so that you have someone or somewhere to turn to if you are in need.



Safeguarding team:

Mr Poddington Mr Bonnar Ms Thompson

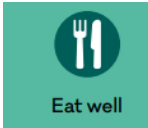


AllSaints
CATHOLIC SCHOOL



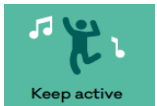
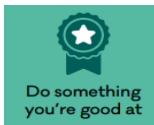
Healthy body and healthy mind

Try to be healthy, eat a balanced diet to fill you with energy and keep yourself happy



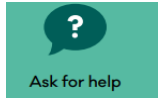
Caring for others makes not only enriches their lives but helps you to feel positive about your actions

Do something you are good at for an uplift to your mood, drawing, dancing writing a story



Being active, it releases endorphins which raise your spirits.

Keep in touch with friends and family members, it is important to share to maintain positive relationships



You are not alone ensure you express how you feel to either

- Parents or Friends
- Kooth www.kooth.com
- Calm Harm <https://calmharm.co.uk/>
- Samaritans 116 123
- Childline 0800 1111
- NHS 111 for medical advice
- Hopeline UK (0800 068 4141)
- Samaritans samaritans.org | Tel: 116 123 (any time) | Email: jo@samaritans.org
- Early Intervention Foundation eif.org.uk
- The Mix www.themix.org.uk
Tel: 0808 808 4994
- Child Exploitation and Online Protection command <https://www.ceop.police.uk/safety-centre/>



RUAH in the community

RUAH permeates all of our actions whether in school or at home. During this period ensure that you continue to embody these ideals

Respect – We respect every person’s innate human dignity as we are all created in the image and likeness of God and as such, we are one in Christ

Understanding - We understand that we achieve our best when we work together. We understand each other’s rights to human liberty and democracy.

Affection - We show one another affection by treating each other in the way we would like to be treated

Humour - We work on managing our emotions and we are considerate about how we make others feel

Help over Lockdown

Over the Lock down period we can feel isolated but there are a range of professional bodies open to all of us for help

KOOTH: Free support services for young people delivered by qualified counsellors via online chat

Kooth.com

HUB OF HOPE: A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.

hubofhope.co.uk