

Helpful Apps – All Free.

Down Dog App: mental health and wellbeing
Yoga App



www.downdogapp.com



Chill: use breathing Techniques to help relax more, worry less and feel Better.

www.bhf.org.uk/informationsupport/heart-matters-magazine/wellbeing/breathing-exercises



Blue Ice– Shout – 24hr text to support mental health and manage emotions Text Shout to 85258 or go to servicegiveusashout.org



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

My Possible self: The mental health app: learn how to manage fear, anxiety and stress and tackle unhelpful thinking.
www.mypossibleself.com



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

“One in Christ”



Safeguarding Team:

Mr Lucraft



Mr Pauro



Ms Armstrong



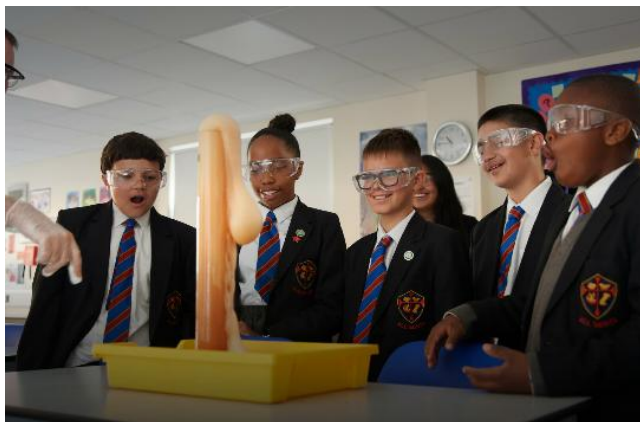
Student Support leaflet

All Saints Catholic School is committed to safeguarding and promoting the welfare of 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 something to turn to if you are in need.



AllSaints
CATHOLIC SCHOOL



Healthy Body and Healthy Mind

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



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



Do something you are good at: Doing something you are good at lifts your mood it could be drawing, dancing, playing an instrument.



Being active: Being active, it releases endorphins which raise your spirits and make us feel good.



Keeping in touch: Keeping in touch with friends and family members, is important in maintaining positive relationships.



Monitor your social media use: Remember too much social media and snap chat can make you feel anxious. Take a break and do something different.

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

Your family or friends

Kooth. www.kooth.com

Samaritans 116 123

Childline 0800 1111

NHS 111 for medical advice

Hopeline Uk 0800 068 4141

Child exploitation and online protection command
www.nationalcrimeagency.gov.uk/contact-us

The Mix www.themix.org.uk

Tel: 0808 808 4994



RUAH influences all our actions whether in school or at home.

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 are considerate about how we make others feel.

Help over the Holidays

Over the Holidays we can feel isolated but there are a range of professional bodies who can help:

KOOTH: free support service for young people delivered by qualified counsellors via online chat.

www.kooth.com

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

hubofhope.co.uk