



Dyson Perrins Church of England Academy



MENTAL HEALTH AND WELLBEING

Students will always have regular worries, stresses and concerns throughout their school life. This is completely normal and is nothing to be concerned about. In the first instance your child can talk to you as their parents or to school staff, such as their form tutor, for further support about any concerns they may have.

However, if a serious issue emerges which is more persistent or reoccurs regularly over a prolonged period of time then further support may be needed. The school have a designated safeguarding team who are available in school, however we recognise support may be needed outside the school environment.

Please find below a selection of organisations where specialised support can be provided externally.



**Worcestershire
Health and Care**
NHS Trust

The NHS have developed a wide range of self-help guides that provide information across a wide range of topics.

<https://www.hacw.nhs.uk>



ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

<https://www.childline.org.uk/>



Young minds provides a range of support and advice including a parent's helpline.

<https://youngminds.org.uk>



Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis. We offer listening and support to people and communities in times of need.

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



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We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

<https://papyrus-uk.org>



We work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

<https://www.anxietyuk.org.uk>

Kooth is a unique online service where young people can access advice from counsellors.

<https://www.kooth.com>



Reach 4 Wellbeing is a service that provides group work to promote positive wellbeing and reduce the stigma around mental health.



<https://www.hacw.nhs.uk/specialst-camhs>



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Self Harm UK is dedicated to Self-Harm recovery, insight and support.



<https://www.selfharm.co.uk>



Mental Health Foundation is a long standing organisation that offers a wide range of information about mental health.

<https://www.mentalhealth.org.uk>



SANE is a leading UK Mental Health charity. We work to improve the quality of life for anyone affected by mental illness.

<https://sane.org.uk>



Worcestershire CAMHS provides support to children and families where the young person is experiencing significant mental health difficulties. If you wish to access CAMHS please consult your GP.



Mind aims to provide advice and support to empower anyone experiencing a mental health problem.

<https://mind.org.uk>

