



DIRECTORY OF
services



mental health and
wellbeing



IN-SCHOOL SUPPORT

WELFARE

Your Tutor, Head of House, or any of the Safeguarding Team are here to help, please do approach them for advice and guidance. If you are unable to speak to a member of staff, you can always get in contact via our safeguarding email address :

SAFEGUARDINGTEAM@NAILSEASCHOOL.COM

MENTAL HEALTH FIRST AIDERS

Nailsea School has multiple staff who are trained in mental health first aid. This means that if you are ever affected by mental health issues, you'll find someone who can help calmly and confidently.

CAREERS ADVICE

If you need advice on anything related to UCAS, careers, apprenticeships or university, our Careers Advisor can help . You can arrange to meet with our them through the below email:

DBRITTON@NAILSEASCHOOL.COM

COUNSELLING (VIA WELLSPRING)

Wellspring Counselling are an independent charity who work in partnership with Nailsea School to help with students' wellbeing and mental health. Students can be referred to a counsellor by the Safeguarding team or by self-referral.



LGBTQ+ GROUP

A safe and non-judgemental student led group for any student questioning their sexuality or gender or wanting to support those students that are. LGBTQ Group Meets every Monday lunchtime – ask your tutor or any staff member for the venue.

NAILSEA CONNECT

Christians Together in Nailsea currently fund a youth worker through the Connect Schools Work Project. Neil Wylie can be found in Nailsea School on most Wednesdays, Thursdays and Fridays. He gives one to one support to students, and works alongside volunteers to provide a breakfast and a homework club.

MENTORING

Mentoring takes place throughout the day at Nailsea school on both an adhoc and scheduled basis. Our Mentors are part of the Pastoral team and offer support in a variety of areas such as academic , well-being and behaviour.

Yrs 7- 11 can be referred for mentoring by the Pastoral Team

Sixth form students can self refer for mentoring in person or through email.

SBANNERMAN@NAILSEASCHOOL.COM

DEN

One of the many support services our school offers for students that are struggling to achieve their full potential. The Den uses the outdoors as our classroom and is a space for encouraging enjoyment of nature while delivering sessions tailored to the individual needs of the student .

EXTERNAL SERVICES



KOOTH

A friendly online support and counselling community for young people. It's available from Monday to Friday from midday - 6pm and on Saturdays and Sundays from 6-10pm.



BEAT

Beat is the UK's leading eating disorder charity. It provides support for people and their families on a range of disorders, including anorexia, binge eating and bulimia.



NORTH SOMERSET LGBT+ FORUM

A local service for young people who would like support or advice on gender, lesbian, gay and transgender issues.

NORTH SOMERSET YOUNG CARERS GROUP

The group provides emotional support for any young carer in the North Somerset area. Support is tailored to individual needs and requirements



ADDACTION

Addiction and mental health support plus information and guidance regarding drug and alcohol abuse.

WWW.ADDACTION.ORG.UK/ADVICE-AND-INFORMATION



BIG WHITE WALL (ONLINE)

This is an online support service for those who are stressed, anxious or not coping. It provides a support course on subjects ranging from relationships to eating) for anybody - all under the guidance of trained professionals, who are available 24/7.

WWW.BIGWHITEWALL.COM



POSITIVE STEP

Positive Step is a mental health support service for people who are aged 16 and over and registered with a GP in North Somerset. You can get in touch directly or be referred by your GP

WWW.POSITIVESTEP.ORG.UK



WISH/UNITY SEXUAL HEALTH NORTH SOMERSET

This organisation provides STI testing kits and enables you to find a confidential sexual health service.



HEADS ABOVE THE WAVES

Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.



SARSAS (LOCAL)

Support for anybody in North Somerset who has experienced rape or sexual abuse. Freephone and email support are available.



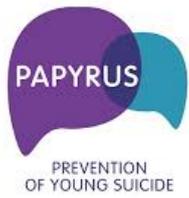
SAS (LOCAL)

A Service for young people who want to stop using alcohol, drugs or tobacco.



YOUNG MINDS

Support for parents and young people coping with mental health issues.



PAPYRUS

Papyrus provides confidential and practical support from trained suicide prevention advisers. It closes at 10pm every night. The service is for any age.

HOPELINE : 0800 0684141
[HTTPS:PAPYRUS.CO.UK](https://papyrus.co.uk)



TERENCE HIGGINS TRUST

Provides sexual health advice and information. There is a free direct helpline plus online advice and counselling.

TELEPHONE : 08088021221
[WWW.THT.ORG.UK](http://www.tht.org.uk)



FRANK

A glossary of drugs, and advice if you are worried about somebody else. Live chat support is open from 2pm-6pm and an email service is also available

[WWW.TALKTOFRANK.COM](http://www.talktofrank.com)



TIME TO CHANGE

Dispels myths and establishes facts surrounding mental health. It also offers a wealth of information and guidance.

WWW.TIME-TO-CHANGE.ORG.UK/ABOUT-MENTAL-HEALTH



THE MIX

Essential mental health support for people under 25. It offers advice about sex, drugs, money and relationships.

WWW.THEMIX.ORG.UK



MIND

Confidential support around any mental health issue.

TEXT : 86463

TELEPHONE : 03001233393

WWW.MIND.ORG.UK/INFORMATION-SUPPORT/HELPLINES



NHS MOODZONE

Practical advice and interactive tools to explore your mental health

WWW.NHS.UK/CONDITONS/STRESS-ANXIETY-DEPRESSION



HEADS TOGETHER

Charity of the Duke and Duchess of Cambridge to support young people facing mental health issues.

WWW.HEADSTOGETHER.ORG.UK



WANTED NOT WASTED

Provides free counselling for children aged 5-18yrs who live in south Weston

WWW.WANTEDNOTWASTEDBOURNVILLE.COM

**The
Children's
Society**

THE NATIONAL CHILDREN'S SOCIETY

A national charity that offers advice and support on mental health and emotional issue. It also provides a 'vault' of resources for a range of ages.

WWW.CHILDRENSOCIETY.ORG.UK/MENTAL-HEALTH-ADVICE-FOR-CHILDREN-AND-YOUNG-PEOPLE/THE-ADVICE-RESOURCE-VAULT



RETHINK

Rethink offers information, advice and guidance on mental illness. Find support in your area and read various guides from the A-Z of mental illness on the website

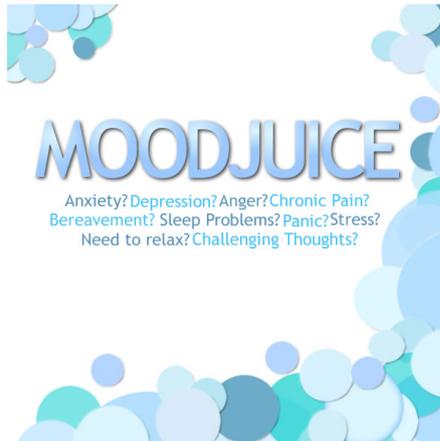
WWW.RETHINK.ORG/HOME



SAMARITANS

A safe place for you to talk any time you like in your own way and about whatever's worrying you. There is no age limit.

WWW.SAMARITANS.ORG



MOODJUICE

WWW.MOODJUICE.CO.UK

This online resource is aimed at people who are concerned about their mental health.

It provides workbooks on a range of topics including:

- Addiction
- Anger
- Anxiety
- Assertiveness
- Bereavement
- Carer Support
- Chronic Pain
- Obsession and compulsions
- Phobias
- Post-Traumatic stress
- Sleep Problems
- Shyness
- Stress

NHS self-management booklets also available at

www.web.nth.nhs.uk/selfhelp/

DIGITAL SUPPORT



LIFESUM

An app for all things healthy living. It allows you to set up personal goals and provides reminders regarding your goals

FREE ON IOS AND ANDROID



HEADSPACE

Learn the skills of mindfulness and meditation in just a few hours a day

FREE ON IOS AND ANDROID



CALM

Calm was named best app of 2017 and provides sleep stories, guided meditation and relaxing music

FREE ON IOS AND ANDROID



HAPPIFY

A psychologist-approved mood training programme. Train your brain to overcome negative thoughts.

FREE ON IOS AND ANDROID



MOODTOOLS

This app is aimed at people who suffer with depression and provides videos to improve mood and behaviour.

FREE ON IOS AND ANDROID



WHAT'S UP

What's Up provides cognitive behavioural therapy to cope with anxiety, stress and depression. Attempts to log negative thinking patterns

FREE ON IOS AND ANDROID



MindShift

MINDSHIFT

Mind shift aims to change the way teenagers and young adults think about anxiety

FREE ON IOS AND ANDROID



RISE UP AND RECOVER

This app tracks eating patterns and logs food plans. It also provides coping strategies you can print off

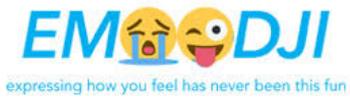
FREE ON IOS AND ANDROID



MOODGYM

A work out for the mind.

FREE ON IOS AND ANDROID



EMOODJI

An app to help you deal with the ups and downs

FREE ON IOS AND ANDROID



BOOSTERBUDDY

Designed to help teens and young adults improve their mental health

FREE ON IOS AND ANDROID



SAM

SAM is an app to help you understand and manage anxiety. It's the perfect option if meditation isn't for you.

FREE ON IOS AND ANDROID

Managing thoughts



getting through right now . . .

Have a go at some of the options below that can help you for a minute or two

- Listen to your favourite music
- Watch your favourite videos
- Connect with someone who's good for you
- Watch inspiring YouTube videos
- Spend time with a pet (your own or someone else's)
- Think about a special and positive memory
- Count to 10
- Take 5 deep breaths
- Phone someone I like and trust
- Message or text someone whom you value
- Watch TV programmes that make you feel better
- Take a break and go outside for a walk
- Take a break by moving to another room
- Get a hug from someone you trust
- Remind yourself that these intense and overwhelming feelings won't last forever
- Remind myself that I have got through tough times before and I can again

lifting and calming mood . . .

Have a go at some of the options below that can help lift your mood or help you feel less distressed or calmer

- Connect with someone in person
- Message or text someone
- Send an email
- Phone someone
- Have a cup of tea or coffee
- Have a warm shower
- Listen to music
- Write down your feelings in a diary, write a letter to yourself
- Go to the gym
- Go up and down the stairs a few times
- Wash up
- Tidying up
- Sorting out cupboards
- Hoover
- Baking
- Cooking
- Coloring-in books
- Painting and drawing
- Watch TV
- Watch YouTube videos
- Read a book
- Gaming with a friend
- Gaming App
- Watch a relaxing or funny films
- Time with my pet

quick contacts

Below are a list of organisations you can contact if you are distressed or struggling with you mental health.

Organisation	Phone Number	Hours	Note
Samaritans	116123	24/7	
Young Minds		24/7	Text YM to 85258
Mind	0300 123 3393	9am - 6pm, Mon- Fri	
PAPYRUS	0800 068 4141	Weekdays 10am-10pm, weekends 2pm-10pm, Bank holidays 2pm-5pm	
CALM	0800 58 58 58	5pm-midnight every day	Support for men
Childline	0800 1111	24/7	Calls are free and confidential
NHS Helpline England	111		

If you worry that you cannot keep yourself safe please Call 999

Alternatively in non urgent circumstances you may wish to contact the school safeguarding team on the following email address:

SAFEGUARDINGTEAM@NAILSEASCHOOL.COM