

Mental Health and Wellbeing Guidance for Students: Supporting your Wellbeing at School, at Home and in the Community



Ark Burlington Danes
Academy

<p style="text-align: center;">Heads of Year</p> <p>You can contact your Head of Year on their school email address:</p> <ul style="list-style-type: none"> • Y7: Marie.Parker@burlingtondanes.org and Kate.Beer@burlingtondanes.org • Y8: Leona.Friar@burlingtondanes.org • Y9: Becky.Barber@burlingtondaes.org • Y10: Nurul.Shawal@burlingtondanes.org • Y11: Abiola.Akingbule@burlingtondanes.org • Y12: Ross.Scaife@burlingtondanes.org • Y13: Alice.Vasey@burlingtondanes.org <p>You can also email your form tutor as normal.</p>	<p style="text-align: center;">Kooth.com – mental health support online</p>	<p style="text-align: center;">Childline – call, chat online or email</p>	<p style="text-align: center;">Quick Apps – Simple Habit</p>	<p style="text-align: center;">Quick Apps – Catch It</p>	<p style="text-align: center;">Quick Apps – Smiling Mind</p>
<p style="text-align: center;">burlingtondanes.org school website</p>	<p style="text-align: center;">NHS website for Mental Health</p>	<p style="text-align: center;">UCAS.com</p>	<p style="text-align: center;">Quick Apps – Mood Path</p>	<p style="text-align: center;">Quick Apps – Stress and Anxiety Companion</p>	<p style="text-align: center;">Quick Apps – MeeTwo</p>
<p>Keep up to date with news directly from the school website – you can also access your school emails from the homepage and Show My Homework. If you don't have Microsoft office at home (word, powerpoint, etc), you can also access these through Office 365.</p>	<p>Mood self-assessment - the mood self-assessment quiz can help you understand how you've been feeling recently and what you can do.</p> <p>Mental wellbeing audio guides - these can help with low mood, anxiety, problems sleeping, unhelpful thoughts.</p>	<p>For sixth formers, UCAS have a dedicated newsfeed for coronavirus-news.</p> <p>Make sure your email address is up to date with UCAS as they will email you as soon as there is an update.</p>	<p>If you're struggling with depression or anxiety, Moodpath is the leading mental health app to guide you toward emotional well-being.</p> <p>Click to download.</p>	<p>The Stress and Anxiety Companion App can help you handle your stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind.</p> <p>Click to download.</p>	<p>The App provides a safe and secure forum for young people wanting to discuss issues affecting their lives. You can anonymously get advice on issues such as mental health, self-harming, relationships and friendships. Every post gets checked before it goes live so there is zero bullying. Download now.</p>
<p style="text-align: center;">BDA Safeguarding Team – via email</p>	<p style="text-align: center;">Young Minds – guidance on a range of mental health issues</p>	<p style="text-align: center;">Samaritans – for whatever you are going through</p>	<p style="text-align: center;">Quick Apps – Moodnotes</p>	<p style="text-align: center;">Quick Apps – Mindshift</p>	<p style="text-align: center;">Quick Apps – Calm Harm</p>
<p>If you are experiencing problems at home or are concerned about a friend or a peer, use the link above to send an email to the safeguarding team (safeguarding@burlingtondanes.org) who will be able to help.</p>	<p>Young Minds is for anyone feeling different from usual or who've noticed a change in their behaviour.</p> <p>Find out about some common feelings and mental health symptoms, how to cope, and where to go to get help. Covers a wide range of adolescent mental health issues.</p>	<p>The Samaritans helpline is available 24 hours a day, 365 days a year, for people who want to talk in confidence. Call 116 123 (free).</p> <p>You can also speak to the Samaritans if you are concerned about somebody else.</p>	<p>A super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits. Moodnotes empowers you to track your mood over time.</p> <p>Click to download.</p>	<p>This App is specifically designed to help young people with anxiety. MindShift will help you learn how to relax, develop more helpful ways of thinking and identify active steps that will help you take charge of your anxiety.</p> <p>Click to download.</p>	<p>This is App designed to help people resist or manage the urge to self-harm. It's private and password protected. It provides tasks that encourage people to distract themselves and help manage their "emotional mind" in a more positive way.</p> <p>Click to download.</p>