



THE BEWDLEY SCHOOL
Learning for Life - Achievement for All

Mental Health & Wellbeing Signposting

Being a student can already be quite a stressful time as you navigate your way through education – and now COVID-19 isn't making it any easier.

This year hasn't been easy for any of us, and sometimes, or maybe a lot of the time, you might feel like you can't cope. You might be feeling more anxious, stressed or sad. Perhaps this term isn't how you imagined it to be and it is getting you down.

It is okay not to feel okay during these times, but if your feelings are becoming deep and intense, then please don't suffer in silence.

You aren't alone in feeling like this and it is important for you to know that there are lots of ways to help dealing with these feelings.



It's absolutely possible to learn to manage them and feel okay again.









Here are some warning signs you should look out for:

- Deep sadness
- Losing interest in daily life
- Increasing trouble with sleeping and eating
- Feeling helpless or worthless
- Talking or thinking about death
- Harming yourself




If you experience any of these, you don't need to suffer in silence. It's not good to spend too much time alone, but with COVID-19 restrictions, this may not be your choice. There are ways to stay connected. Encourage yourself to regularly communicate with friends and family whether that is via messages, calls or video chats. It's at times like these that you need to be able to talk to someone and let them know what is going on with you.

The following table signposts you to various non-urgent organisations that may be able to help:

| Organisation | Description of service offered: | How to contact |
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|  | NHS Talking Therapies. You can refer yourself to an NHS psychological therapies service (IAPT). IAPT (Improving Access to Psychological Therapies) services offer NICE recommended therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. | https://www.nhs.uk/service-search/find-a-psychological-therapies-service/  SCAN ME |

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| | <p>The problems that IAPT services can treat include:</p> <ul style="list-style-type: none"> • depression • generalized anxiety • social anxiety • panic and agoraphobia • other phobias • obsessive-compulsive disorder (OCD) • post-traumatic stress disorder (PTSD) • irritable bowel syndrome (IBS) • body dysmorphic disorder | |
|  | <p>You can get in touch about anything that's troubling you, no matter how large or small the issue feels.</p> <p>You can also contact the Samaritans if you are worried about someone else</p> | <p>https://www.samaritans.org/how-we-can-help/contact-samaritan/</p> <p>Samaritans self-help app - https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/</p> <p>Call – 116 123</p>  |
|  | <p>Student Minds is here for students through coronavirus with Student Space. Explore a range of trusted information, services and tools to help you with the challenges of student life. You can access dedicated support services for by phone or text and get help finding what support is available at your place of study.</p> | <p>https://www.studentspace.org.uk/</p>  |
|  | <p>Every Mind Matters has a range of support material for students on self-care and how to look after your own mental health. You can take the mind plan and get tips dedicated to you on how to cope.</p> | <p>https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/</p>  |
|  | <p>Childline will help you if you're under 19 and you can confidentially call, email, or chat online about any problem big or small.</p> | <p>Their freephone 24-hour helpline is 0800 1111. You can sign up for a childline account on the website to be able to message a counsellor</p>  |

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|  | <p>Shout provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope.</p> | <p>Text 85258 for SHOUT the UK's first 24/7 crisis text service on, free on all major mobile networks, for anyone in crisis anytime.</p>  <p>SCAN ME</p> |
|  | <p>The Zero Suicide Alliance (ZSA) is a collaboration of National Health Service trusts, charities, businesses and individuals who are all committed to suicide prevention in the UK and beyond. We are an alliance of people and organisations coming together around one basic principle: Suicide is preventable</p> | <p>https://www.zerosuicidealliance.com/</p>  <p>SCAN ME</p> |
|  | <p>Kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26 to ask for help and support from a team of highly qualified and experienced counsellors and support workers.</p> <p>Kooth.com is a well-established, award winning online counselling agency and is accredited by Worcestershire County Council and The British Association of Psychotherapy and Counselling (BACP).</p> | <p>https://www.kooth.com/</p>  <p>SCAN ME</p> |
|  | <p>Papyrus is the UK Charity for the prevention of young suicide.</p> <p>The mental health charity Mind has information on ways to help yourself cope during a crisis. This includes calming exercises and a tool to get you through the next few hours.</p> | <p>https://www.papyrus-uk.org/what-we-do/</p> <p>Papyrus Hopeline UK – 0800 068 4141</p>  <p>SCAN ME</p> |
|  | <p>Young Minds the UK's leading charity fighting for children and young people's mental health.</p> | <p>https://youngminds.org.uk/</p> <p>Parents helpline – 0808 802 5544</p>  <p>SCAN ME</p> |
|  | <p>Mental health wellbeing audio guides are a series of guides to help boost your mood.</p> | <p>https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/</p> |

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|  | <p>The mental health charity Mind has information on ways to help yourself cope during a crisis. This includes calming exercises and a tool to get you through the next few hours.</p> | <p>https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/</p>  SCAN ME |
| <p style="text-align: center;">Call 999 or go to A&E now if:</p> <ul style="list-style-type: none"> • someone's life is at risk – for example, they have seriously injured themselves or taken an overdose • you do not feel you can keep yourself or someone else safe <p>A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time. Call: <u>999</u></p> | | |