



COWLEY
INTERNATIONAL COLLEGE

Wellbeing Resources



**Helping our students and
families prepare for their
return to school.**

Please find enclosed a list of resources for parents and young people to support their mental wellbeing.

NATIONAL SUPPORT SERVICES



1. SAMARITANS 116 123 They are a 24 hour confidential, listening service providing emotional support to anyone in crisis.



2. YOUNG MINDS www.youngminds.org.uk Young Minds is the UK's leading charity championing the wellbeing and mental health of young people. PARENT HELPLINE 0808 802 5544



3. CHILD LINE 0800 1111 www.childline.org.uk Help and advice about a wide range of issues. Calls are free and confidential.



4. PYPYRUS – HOPE LINE UK Tel: 0800 068 41 41 Text: 07786 209697 A national confidential helpline for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. Helpline opening times: 10am-10pm weekdays, 2pm-10pm weekends, 2pm-5pm Bank Holidays Web: www.papyrus-uk.org



5. STAY ALIVE APP – DOWNLOAD FROM APP STORE/ GOOGLE PLAY



6. THE MIX: Tel: 0808 808 4994 www.themix.org.uk The UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you're going through. Helpline and webchat opening times: 11am-11pm

LOCAL SUPPORT SERVICES

- 1) BOSS St Helens – <https://www.boss-sthelens.co.uk/> - Designed by young people, for young people, BOSS is a Barnardo's website, which is free, safe and confidential to support the wellbeing and mental health of young people aged 11-19 years and living in St Helens. There is a dedicated area offering advice and support for parents/ carers.



What Services are Available?

Self-help - You can access a range of mental health and emotional wellbeing related issues, ways to manage them, as well as where to access training, useful links etc. you can look at these 24hrs a day 7days a week.

Ask a Question – Email us 24hrs a day 7 days a week with a query you may have about a young person's emotional wellbeing or mental health and we will respond within 48hrs, for example you may need to refer a young person on but are not sure where to refer them.

Live Chat – Click the live chat button to find out when we are open, come & talk to us online (it works like Facebook messaging).

Online Counselling – Have you identified a young person aged 11-19yrs living in St Helens who you feel would benefit from online counselling. Don't forget to ask the young person if they are happy for you to make the referral. Click on the online counselling button for more information, otherwise fill in the referral form once completed send it back to us at the address stated on the form and we will take it from there.

News & Videos – Browse this area for YouTube clips, events and news on emotional wellbeing and mental health related issues as well as what's happening and going on near you. If you want something posting on there let us know through 'Ask a Question'.

My Account – You don't need to have an account to access these services, however, we recommend you do so you can keep track of your conversations with us, our responses and pin your favourite factsheets from the self-help area.

- 2) Kooth St Helens - <https://www.sthelensccg.nhs.uk/news-and-events/kooth-online-mental-health-support-now-available-for-young-people-in-st-helens/>



The CCG has commissioned online counselling and wellbeing platform, 'Kooth' for children and young people age 11-25 who live in St Helens.

Children and young people in St Helens aged from 11-25 now have access to free mental health support via Kooth, an online counselling and wellbeing platform.

Kooth, from the UK's leading digital mental health expert XenZone, provides young people with instant free and anonymous access to self-help materials, live moderated discussion forums and tools such as online journals and goal trackers. Young people can also contribute written pieces of work reflecting their own experiences, as well as accessing drop-in or booked sessions with professional counsellors.

Kooth has been commissioned by St Helens CCG and joins other CCGs in the wider Merseyside area to commission the online platform. This means there is now a universal offering of Kooth's online service for young people within the area, which aims to reduce waiting times for children and young people to access mental health services.

The CCG will incorporate Kooth collaboratively alongside other mental health services in the area, including CAMHS and Barnardos.

- 3) Philippi Kids - <https://www.philippitrust.com/children-family-management/>



The Philippi Trust is a national charitable organisation that provides counselling and accredited counselling training. The Philippi Trust Counselling Service offers therapy for children aged 5 to 16. It is provided by qualified counsellors who have additional specialist training in working with children and families. Each counsellor is Police checked (DBS). Philippi Trust Counselling Service uses Clinical Governance to assess children's emotional issues before, during and at the end of therapy. We work with children who have a broad range of issues to work through. Counselling is offered in blocks of 8 sessions. This helps to maintain the integrity of the service provided. As a charitable organisation, we work on a purely donation basis for each session. Children's Therapy is available at St Helens Counselling & Training Centre, Southport Counselling Centre. Please be aware that the Philippi Trust is a Charity and receives no funding from any agencies. To access the Children's Services we request a minimum donation of £25.00 per session to cover our operating costs. There will be an initial payment on when the assessment placed and then payments will be a week in advance of appointment.

- 4) YAZ - <https://yaz.sthelens.gov.uk/>

The Youth Action Zone St Helens. This site provides links to organised activities for young people. Volunteering opportunities. The St Helens Youth Service. TAZ (free and confidential sexual health advice and support). YPDAAT (Drug and alcohol support for young people)

