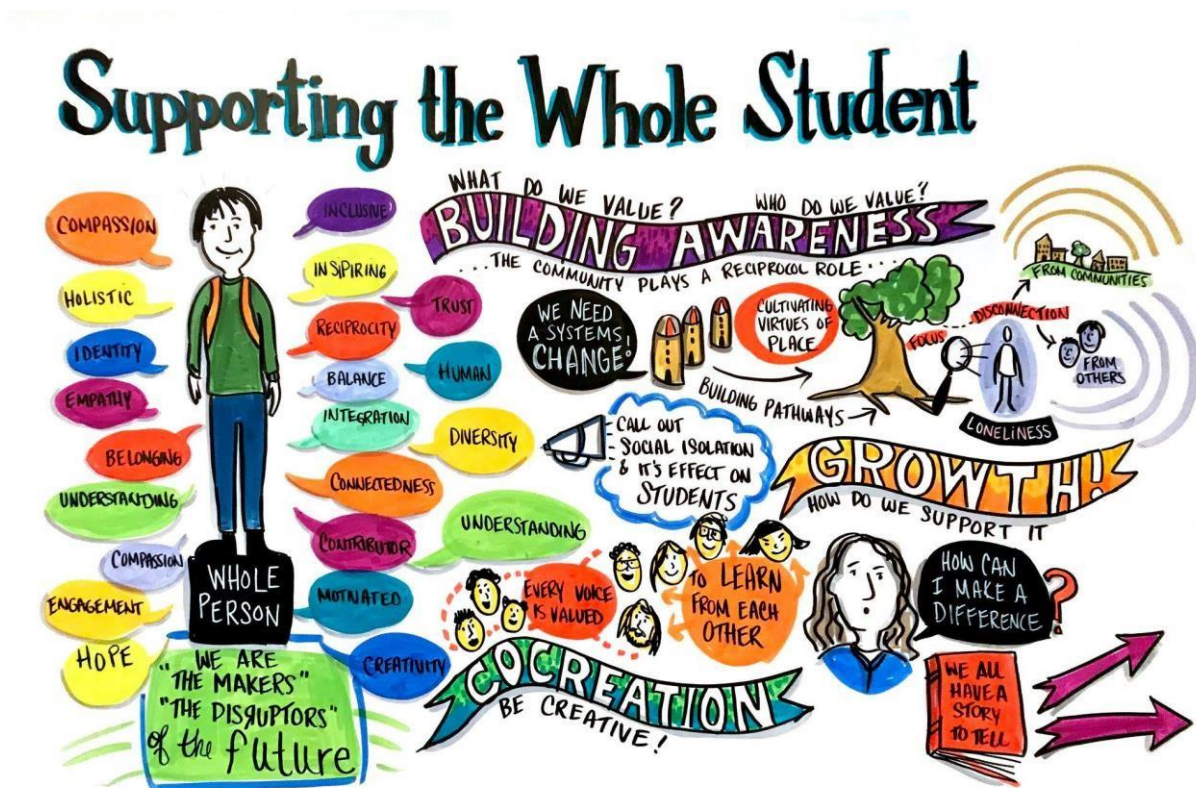


# SUPPORTING YOUR WELLBEING

George Eliot Academy offer to pupils

The George Eliot Academy is committed to safeguarding and promoting the welfare of children, which is also a key aim of the government guidance 'Keeping Children Safe in Education' 2023, in which there is a real focus on wellbeing and mental health. Everyone who comes into contact with children, which includes our families, has a role to play in identifying concerns early, providing help for children and preventing concerns from escalating. It is for this reason that we have put together this leaflet to help you, our pupils, to understand the support for wellbeing and mental health that is available to us all in our local area. We hope this helps you to keep yourself and others safe.



## WELLBEING SUPPORT STAFF



Miss Havard  
Vice Principal  
Lead DSL



Mrs Sharkey  
School  
Counsellor



Mrs McCool  
Safeguarding  
Officer



Mr Stevenson  
SENCO



Miss Taylor  
Assistant SEND Lead



Miss Sedgewick  
Progress Coach



Miss Wells  
Behaviour  
Manager



Miss Paton  
Family Liason Officer

If your concern is urgent and you are using this outside of school hours, then the following organisations are always available to support.

**kooth**  
**Free. Safe. Anonymous.**  
Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.  
Articles & Advice Live Chat Live Forums  
<https://kooth.com> go!  
Kooth offers advice on the go. We're by your side when you need us most.





### **SCHOOL COUNSELLOR**

Pupils can book counselling or mindfulness sessions in school with Mrs Sharkey who is a qualified counsellor and member of the BACP (British Association for Counselling and Psychotherapy). Here you can discuss anything that is worrying you - school, home, friendships, anything at all.

How to book;

- You can email Mrs Sharkey directly from your pupil email account or go to her office in person.
- You can ask any member of staff to email her on your behalf.
- Put a written note in any of the black boxes located around school.
- Submit a 'reporting concerns' form online, using the link on the school Website.
- Put up your hand in line up in school to alert you want to speak to a staff member.

### **ANGER MANAGEMENT**

Miss Sedgwick will be running half termly interventions for anger management. This would help you to understand what anger is, how it develops and how it affects you as a person. Using real life scenarios and problems, you would look at ways to control your anger and express yourself in a more positive way, helping you to keep in control.



## DEALING WITH THE DEATH OF A LOVED ONE

Warwickshire County Council's website contains lots of information on local bereavement support: (<https://www.warwickshire.gov.uk/mental-health-wellbeing/counselling-bereavement-service/1>) They have further support if you are affected by the death of someone from suicide: (<https://www.warwickshire.gov.uk/mental-health-wellbeing/counselling-bereavement-service/4>)

You can request support from **Child Bereavement UK** by contacting them between 9am-5pm Monday-Friday (except Bank Holidays) using the following contact details;

Call [0800 02 888 40](tel:08000288840)

Email [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Live Chat via the website <https://www.childbereavementuk.org/>

Free apps/games available from App Store or Google Play

- Grief: Support for Young People** offers information and a built-in notepad so you can write down how you are feeling. It also helps you search for other local support.
- Apart of me** is a free interactive game.



## VICTIM SUPPORT

If you have been affected by a crime in Warwickshire, the charity Victim Support can offer you emotional and practical help for as long as it takes to overcome the impact, no matter how long ago the crime took place. You can ask school to refer you or you call them directly on 01926 682693, 9am to 5pm Monday to Friday. Outside of those hours, you can also call their Support line free on 0808 16 89 111 or go to their website to request help.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

## COMPASS YOUNG PERSONS DRUG & ALCOHOL SERVICE

A free, confidential substance misuse service for support around your own or another's drug or alcohol use. You can self-refer at <https://www.compass-uk.org/services/warwickshire-cypdas/#referralform> or telephone **01788 578 227** during office hours.



## CHAT HEALTH

Chat Health is a confidential text service where you can get impartial advice and support from School Nurses around things such as sexual health, emotional health, bullying, healthy eating and more.

Text **07507 331949** if you live in Coventry or **07507 331525** if you live in Warwickshire, Monday to Friday from 9am to 5pm. For more info visit: <https://www.warwickshire.gov.uk/healthchat>

## WARWICKSHIRE SCHOOL HEALTH AND WELLBEING SERVICE (SCHOOL NURSE)

For health related support, you can ask school to make you an appointment with a School Nurse. Alternatively you can call them yourself on **03300 245 204** or text them using the Chat Health service.

## COUNTY LINES AWARENESS

Police have created this video to help you understand the risks of criminal exploitation <https://youtu.be/afkylygncc>



## **MENTAL HEALTH – HOW TO HELP YOURSELF**

Sometimes life can get difficult. We can all feel sad, anxious, confused or angry. It is important for you to look after yourself and try to make yourself feel good. We told you at the start of this leaflet how to see our school counsellor, but here are some other things you can do as suggested by RISE, formally known as CAMHS. You can go to their website yourself for more advice [www.cwrise.com](http://www.cwrise.com)



### **Family and Friends**

- Be around friends and steer clear of bullies.
- Spend time having fun and doing things you enjoy.
- If you are feeling frustrated, go to your room or somewhere quiet to chill out.
- Talk to your family and friends.

### **Managing Conflict**

- If something or someone is making you angry, tell someone else and try to walk away.
- If someone or something is irritating you, try to breathe deeply and slowly, or consider counting to 10 before responding.
- Write a letter to the person that has made you feel upset or angry, but don't send it, this may help get your emotions out.

### **Relax and Exercise**

- Walk your dog or play with a pet
- Draw a picture or just scribble/doodle
- Write a song/poem/story
- Follow these relaxation tips - <https://youtu.be/cyEdZ23Cp1E>
- Write a diary of how you are feeling
- Listen to some music that makes you feel happy and sing along to it. Avoid emotional songs that make you feel low
- Read a book
- Have a long bath or shower and pamper yourself
- Give yourself some space
- Play sports such as football, netball, rugby, hockey or cricket. Find an exercise you enjoy such as dancing or going for a run
- List all the things you like about yourself

### **Diet**

- Eat a balanced diet of 5 fruit and vegetables a day, drink plenty of fluids. Have enough protein and carbohydrates. Avoid eating too many fats and sugars.
- Ask to have your favourite meal for dinner sometimes.
- Try some cooking, or bake a cake

### **Sleep & Memories**

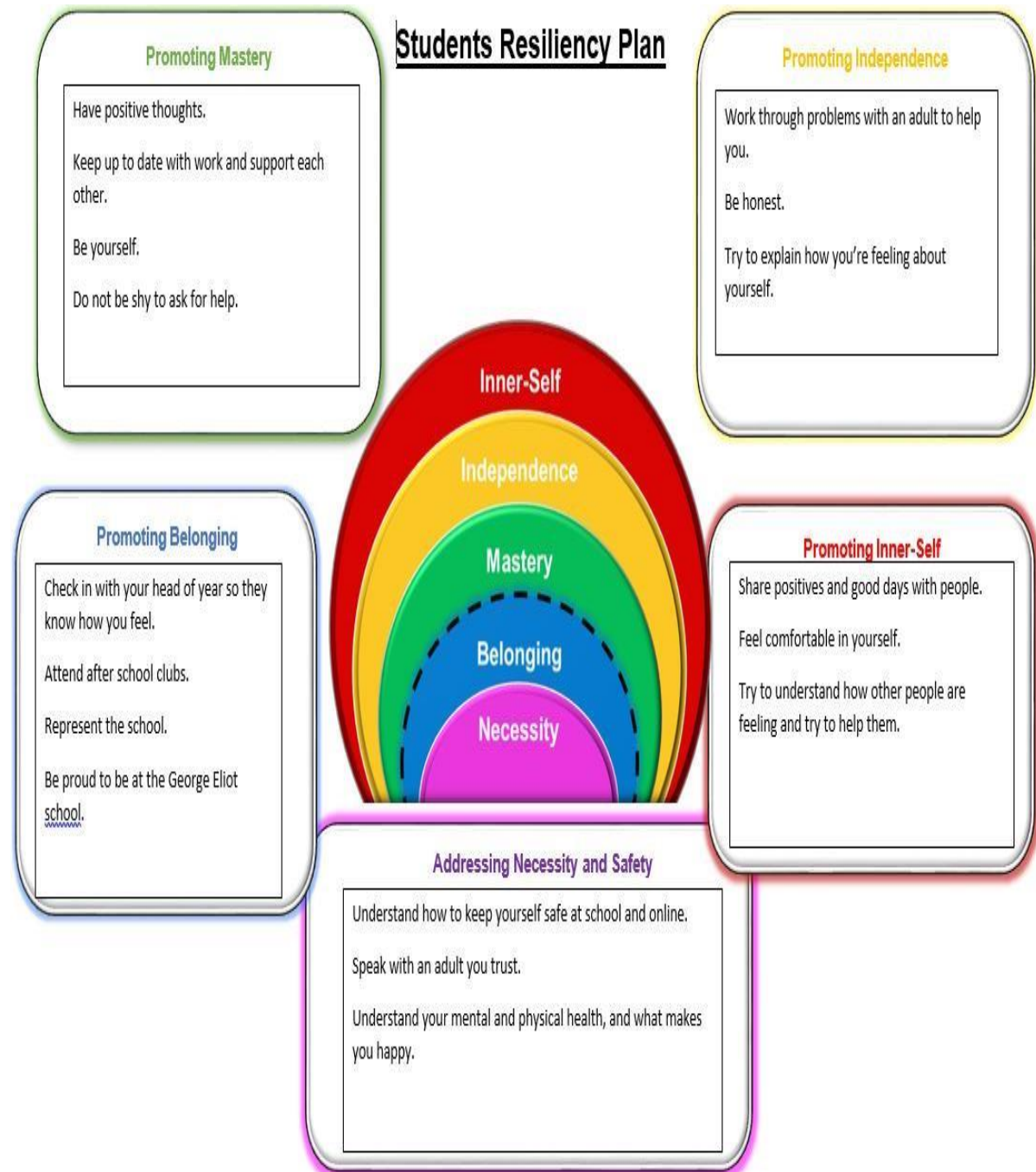
- Have a good night's sleep, make sure you are comfortable and relaxed. Try and keep your room quiet with little distractions and put your phone away some time before going to bed.
- Look at old photographs from fun times with people who are important to you and think about the happy memories.



## SUPPORT FROM OUR SEND TEAM

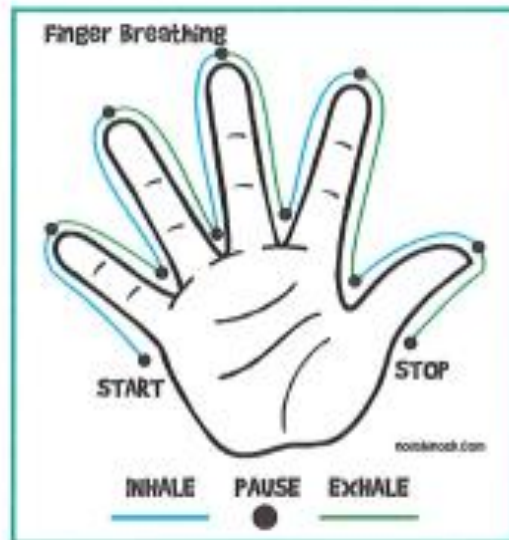
Our SEND team can further support you to look after your mental health and wellbeing by providing short, pupil friendly programmes that help with certain problems that you may have. Our resiliency plans have been made with the input of pupils to support all with their learning at George Eliot. The plan has five main areas of resiliency:

- Promoting Independence (How to make the right decisions)
- Promoting Mastery (How to be confident and organised)
- Promoting Belonging (How to feel part of the GEA family)
- Promoting Inner-Self (How to look out for yourself and others.)
- Addressing Necessity- (self-care and how students can look after themselves.)



# The GEA 3 Regulation Strategies To help with Anxiety

## 1. Hand Breathing.



Helps mostly when panic starts to set in.

Breathe in through the nose slowly and gently and count to 4 whilst following from the bottom of the little finger up to the top- Pause- breathe out through the mouth counting to 4.

Continue this following each finger until reaching the outside of the thumb.

## 2. 5-4-3-2-1 techniques.

5 ★ 4 ★ 3 ★ 2 ★ 1

**SLOW DOWN & CALM DOWN:**

FIRST OFF... TAKE 3 SLOW & QUIET DEEP BREATHS!

5 LIST 5 THINGS YOU CAN SEE 

4 LIST 4 THINGS YOU CAN FEEL 

3 LIST 3 THINGS YOU CAN HEAR 

2 LIST 2 THINGS YOU CAN SMELL 

1 LIST SOMETHING POSITIVE ABOUT YOURSELF! *MAKE today COUNT*

FINISHED? TAKE 3 MORE SLOW & QUIET DEEP BREATHS.

Helps to tune into the present moment and think about what is around us- this helps the brain to refocus elsewhere.

5- things you can see.

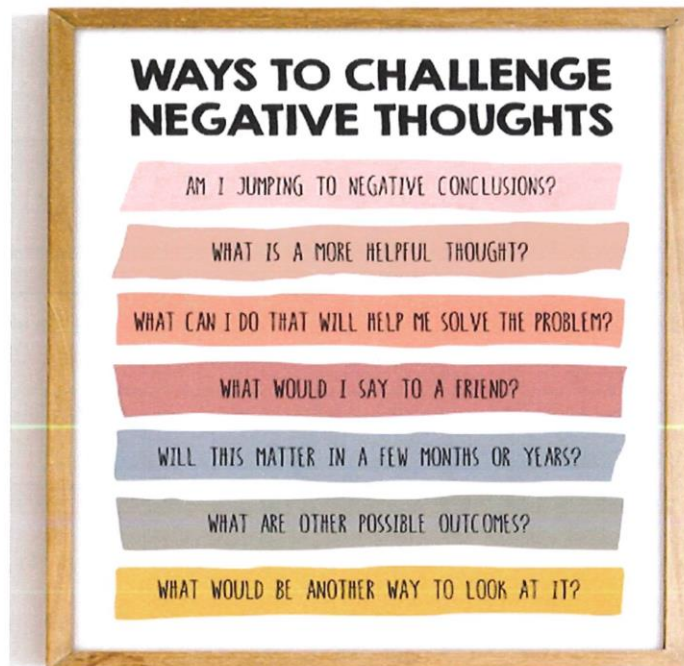
4- things you can feel (cold, warm, wind, the clothes on your body)

3- things you can hear

2- things that you make you happy.

1- Thing that is great about you

### 3. Challenging negative thoughts.



Being Judge and Jury to your own negative thoughts-  
Asking questions such as what advice would I say to my friends?  
What evidence do I have to prove my thoughts are true?  
What would be another way I could look at the situation?  
What are the outcomes?  
What can I do to help me with my worry?





## MENTAL HEALTH APPS AND WEBSITES – OTHER SOURCES OF SUPPORT

The following apps are available on the App Store and Google Play;

- SAM: Self-help for Anxiety Management
- Well Mind
- Daylio
- NHS apps
- Headspace



[www.cwrise.com](http://www.cwrise.com)  
[www.mind.org.uk](http://www.mind.org.uk) [www.nhs.uk](http://www.nhs.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)  
[www.nshn.co.uk](http://www.nshn.co.uk) [www.selfharm.co.uk](http://www.selfharm.co.uk)  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)  
[www.themix.org.uk](http://www.themix.org.uk)  
[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted)

[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

[www.rcpsych.ac.uk/mental-health/problemsdisorders](http://www.rcpsych.ac.uk/mental-health/problemsdisorders)

[www.rcpsych.ac.uk/mental-health/parentsand-young-people](http://www.rcpsych.ac.uk/mental-health/parentsand-young-people)

[www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)





**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE


### **SUICIDE PREVENTION**

If you have had any thoughts of suicide, you must urgently tell a trusted adult as soon as possible so that you can get the right support. If you find yourself in a crisis or emergency and cannot keep yourself safe, you can contact Papyrus which is a suicide prevention charity on their HOPELINE UK number below. For more information visit [www.papyrus-uk.org](http://www.papyrus-uk.org)

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

 Call: 0800 068 4141

 Text: 07860039967

 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening hours:

9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays

Our Suicide Prevention Advisers are ready to support you.

### **LGBTQ**

Mrs Sharkey our school counsellor is available for pupils to talk about any sexuality, trans, non-binary and gender-diverse concerns that they may have.



### **CHILDLINE**

To speak to someone about anything you can call 0800 1111, or use the chat section of Childline's website [www.childline.org.uk](http://www.childline.org.uk), between 9am and midnight. They are there to talk to you. No problem is too big or too small.

### **RUNAWAY HELPLINE**

For anyone thinking of running away, or who has already done so, the Runaway Helpline provides 24/7 help, information, support and options. Their helpline and text number is 116000.

### **THE MIX**

This is a 24/7 text service for young people in a crisis wanting free and confidential information on issues such as sex, relationships, mental health, drink, drugs, crime and safety. Call the helpline on 0800 808 4994 or text THEMIX to 85258.

### **SAMARITANS**

Anyone can call Samaritans for a safe place to talk any time you like, day or night, all year round. Their number is 116123.

### **AND DON'T FORGET**

If you would like to talk to someone in school, these are lots of ways to do so.

1. Put up your hand in line up and the pastoral leader will note down your name and make sure they or someone else comes to see you that day.
2. Tell ANY member of staff that you need to talk to someone and either they will talk to you when possible, or they will ensure someone else will as soon as possible.
3. Submit a 'reporting concerns' form online, using the link on the school website, telling us that you want an appointment or email the member of staff directly.
4. Email Mrs Sharkey, our School Counsellor, from your student email account.
5. Email Mrs McCool, our Safeguarding Officer, from your student email account.
6. Or ask an adult at home to contact school.

## SUPPORTING YOUR WELLBEING

*George Eliot Academy's offer to pupils*