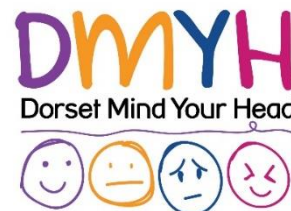


The Blandford School

Student Wellbeing Support



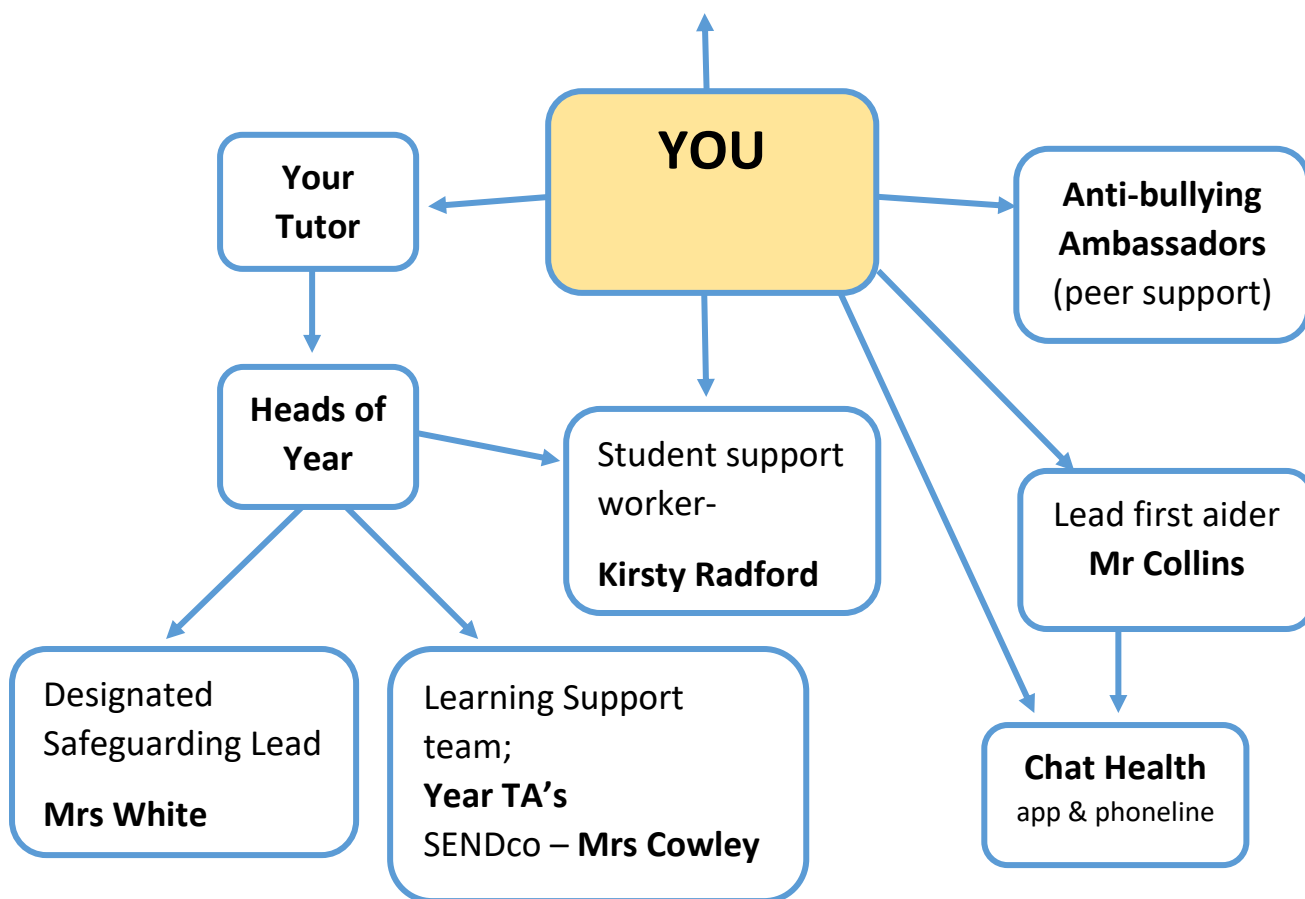
Sharing our worries and problems with trusted others can really help us through them.

You can still find support from school during the working day when we are closed from March 23rd 2020

If you're not sure, then you can use this chart to help you **find someone you can email or phone – just phoning school get back to you.**

For Dorset-wide mental health support
DORSET MIND
www.dorsetmindyourhead.co.uk

leave a message by reception and we will
01258 451121



Other local support;

TREADS
 Informal advice & drop-in centre
 01258 455448
 @treadsblandford1

The Blandford Youth Centre
 Activities and advice (located next to the leisure centre)

If you are experiencing difficulties with your mental health – **contact someone**.

Family, friends, teachers, charities and your **GP** can all help.

CAMHS (Child and adolescent mental health services) is based at Blandford Community Hospital, Milldown Road, Blandford DT11 7DD (01258 394149). They specialise in providing mental health support to young people.

Mental and other health helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert advice.

NHS

www.nhs.uk

Find information and advice on health conditions, symptoms, healthy living, medicines and how to get help.

Dorset CAMHS

camhsdorset.org

Childline

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for 16-25 year-olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room.

NSPCC

helpline (adults): 0800 800 5000

helpline (children and young people): 0800 1111

help@nspcc.org.uk

nspcc.org.uk

Specialises in child protection and the prevention of cruelty to children.

Papyrus

helpline: 0800 068 41 41

papyrus-uk.org

Charity for the prevention of young suicide, offering confidential support and awareness training.

Samaritans

24-hour helpline: 116 123 (freephone)

jo@samaritans.org

samaritans.org

Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA.

Emotional support for anyone feeling down, experiencing distress or struggling to cope.

Youth Access

020 8772 9900

youthaccess.org.uk

Information on youth counselling.

Young Minds

020 7089 5050 (general enquiries)

0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)

youngminds.org.uk

National charity committed to improving the mental health of all babies, children and young people.

Provides information for both parents and young people.

Kooth

www.kooth.com

Offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

Chat Health

07480 635511

An NHS School Nurse anonymous text messaging service, available to all Senior Schools in Dorset. The service is for young people aged 11-19.

Young Carers Support Dorset

01305 225677 email youngcarers@dorsetcouncil.gov.uk

Young carers are children or young people aged between 5 and 18 who provide significant, regular or ongoing care and emotional support to a family member who is mentally ill, physically ill or disabled

Space Youth Project

www.spaceyouthproject.co.uk

Dorset's LGBT and youth project