



Clacton County High School

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Higher Expectations, Raising Aspirations, Transforming Lives

Mental Health Support Services

Here at Clacton County High School we recognise that children need support with emotional wellbeing and mental health in order to achieve their potential.

We have support within school, via our school counsellor Adam Aldis who offer 1:1 support, along with lunch group to build confidence and improve social skills that may lead to social isolation. Also support from our MIND team, based in school. We also have a weekly drop in from Lucy Martin, the community school nurse, who can support with Emotional wellbeing, physical health, sexual health and other presenting issues.

As parents it can seem daunting trying to support your children with mental health. I have included some support agencies below for you and your child to access. These include some very useful strategies.

Advice for Children and Young People

General Mental Health Advice

- [NHS Choices](#) provide an information hub offering young people advice and help on mental health problems including depression, anxiety and stress. The hub includes interactive tools, such as the 'Check your Mood' self-assessment; links to NHS-approved online mental health treatments; and articles covering a wide variety of subjects
- [Anna Freud: 'On My Mind'](#) aims to empower young people to make informed choices about their mental health and wellbeing. These pages have been co-produced by young people to help other young people.
- [My Mind Resources](#) for young people, professionals and parent/carers.
- [Young Mind](#) website: for information, advice and support for children and young people's emotional wellbeing and mental health.
- The Children's Society: [Advice](#) for young people from young people's wellbeing and mental health.
- NHS Every Mind Matters: NHS advice and guidance for [looking after your mental health](#).

Support Services and Helplines

- <https://www.nelft.nhs.uk/services-ewmhs/> - Emotional wellbeing support & Crisis support (Crisis) - 0800 953 0222. Option 1 Option *
- [Kooth.com](#): It is a free, confidential, safe and anonymous way for young people aged 11-24 to ask for help from a team of highly qualified and experienced counsellors and support workers
- [Togtherall](#) - Commissioned by EWMHS, this service is available to all young people aged 16-18, and to young people with Special Educational Needs (SEN) aged 16-25. The service is available 24/7 and to access all you need to do is enter your postcode. (Used to be known as Big White Wall)

- NHS: Recommended [Mental Health helplines](#)
- [Find Your Spark](#) - Positive Psychology Coaching, Career Coaching and Work experience 11-25 year olds who are at risk of developing mental health problems or who have ASD needs as well as their parents and professionals working with these young people.
- [NSPCC](#): Support if you are worried about your own or someone else's emotional wellbeing, mental health and/or safety, including a helpline
- [Childline](#): Support if you are worried about your own or someone else's emotional wellbeing, mental health and/or safety, including a helpline.
Papyrus: [HopeLine](#) 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.
- Anna Freud: The AFC [Crisis Messenger text service](#) provides free, 24/7 crisis support for young people across the UK. If you are experiencing a mental health crisis and need support, you can text AFC to 85258.

Support for Presenting Needs

- [Papyrus Prevention of Youth Suicide](#): We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.
- Childline: Advice about [Healthy and Unhealthy Relationships](#) for young people.
- [Young Minds](#): Advice and guidance about eating problems.
- Rethink Mental Illness: [Drugs, alcohol and mental health](#).
- Frank: Honest information about [drugs](#), including a free confidential helpline.

Advice for Families

General Mental Health Advice

- Every Mind Matters: [Looking after a child or young person's mental health](#)
- NHS: [Worried about your teenager](#)
- NSPCC: [Child Mental Health](#) exploring who's at risk, recognising, responding, understanding, taking action, getting support and offers legislation and guidance information
- Anna Freud Centre: [Parents and Carers](#) pages and [leaflet](#) of tips for talking for parents and carers
- [MindEd](#): A free educational resource on children and young people's mental health for all adults
- Place2Be [Parenting Smart](#): mental health advice for parents
- Mentally Healthy Schools - [Advice for parents and carers](#): talking mental health with young people at secondary school
- Mentally Healthy Schools - [Advice for parents and carers](#): talking mental health with young people at primary school

Helplines

- [Educational Psychology Parent Helpline](#)
- Young Minds Parent Helpline: [Parents Helpline](#) is for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call free on 0808 802 5544 from 9:30am to 4pm, Monday to Friday.
- Parent Lives: [helpline](#): Call free and confidential helpline on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.
- Samaritans: [Free crisis helpline](#) 24/7, 365 days a year, for anyone who is experiencing mental health difficulties. Call 116 123. They also have a Samaritans [self-help app](#).
- [Family Lives confidential helpline](#): Free, confidential helpline. Call 0808 800 2222.

Supporting Presenting Needs

- Essex Local Offer: [Online directory](#) of Services and support for special educational needs and disability.
- Cruse Bereavement Care: [National Support and helpline](#) and [Essex based teams](#)
- [CBeebies](#): Talking about death with your little ones
- [Child Bereavement UK](#): for families to have the support they need when rebuilding their lives, when a child grieves or when a child dies. [Video](#).
- [Mind Suicidal Feelings](#): Explains what suicidal feelings are, and what you can do if you feel suicidal. Also covers the causes, treatments and support options for suicidal feelings.
- Preventing Inappropriate Admissions to mental health hospitals for children and young people with Special Educational Needs and/or Disabilities (SEND) Information for Parent Carers [Parent-carers-Guide-to-Mental-Health-Services-EF-FV.pdf](#)