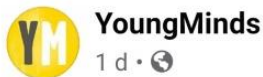


# Safeguarding Bulletin – Children’s Wellbeing

As schools return to being onsite everyone is aware of how students have had varying experiences while being in lockdown.

Please check with your son/daughter that they know whom to contact in and out of school in order to get help

## For Students



If your child needs urgent support with their mental health, they can text YM to 85258. Our Crisis Messenger is free and available 24/7.



YOUNGMINDS.ORG.UK  
**YoungMinds Crisis Messenger**

## For Parents

**YOUNGMINDS**

Contact Us

Call the Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

### Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Try the quiz >

Try using this handy tool with your son/daughter to see what tips they can use to help them look after their mental health

**Only 5 Questions**

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Who to go to for help and support



Miss Hernandez Designated  
Safeguarding Lead  
G63  
[lhernandez@barnhill.school](mailto:lhernandez@barnhill.school)



Miss Snaith Deputy  
Designated Safeguarding  
Lead  
F18  
[hsnaith@barnhill.school](mailto:hsnaith@barnhill.school)

- Mrs A Gabriel bereavement counsellor
- Pastoral team – PSMs, Heads of Year, Tutors
- Report directly to Police by clicking on image as seen on webpage or via this website  
<https://www.ceop.police.uk/safety-centre/>



### Equipment needed for the lesson:

### Remember to:

- Drink water
- Pay attention to the present
- Put mobile devices down at least an hour before you go to bed
- Get exercise, preferably outside
- Connect with people
- Do something for yourself – learn a new skill/have a hobby
- Reframe unhelpful thoughts – recognise them, challenge them replace them. This is known as “Catch it, check it, change it” approach Trying saying to yourself; “I’m going to do my best”, “I’m prepared”



### Have a look at the “Catch it” document attached

Why not try the 8 top tips for relaxation from Mind

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>



**Useful places to go for information for your son/daughter:**

Samaritans: 116 123

Childline 0800 1111 specifically online safety 0808 800 5002

<https://www.nspcc.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://youngminds.org.uk/> 0808 802 5544

<https://www.kooth.com/>