

# Health & Well-being

community

mindfulness  
exercise

relaxation

resilience  
growing up

choices

community  
support

## Information for students

In these uncertain times, some students may feel more vulnerable than usual. Whilst away from school many organisations and agencies are here to support young people who may be feeling anxious.

YoungMinds Crisis Messenger – Free 24/7 mental health support – Text YM to 85258 <https://youngminds.org.uk/>

Childline – you can speak to someone about how you are feeling Call free on 08001111 <https://www.childline.org.uk/>

In an emergency – the police on 999 or 101

Service Six - <https://www.servicesix.co.uk/>

The low down - <http://thelowdown.info/>

CAMHS LIVE - <https://www.nhft.nhs.uk/camhslive>

The School Nursing Team text service for students – 07507329600

Staying safe on-line - <https://www.internetmatters.org/> and <https://www.thinkuknow.co.uk/>

nutrition  
contentment

fitness

mental

vitality

health