

# WOOTTON ACADEMY TRUST

## Wellbeing at Wootton Academy Trust - External Providers of Support

This information was shared in December 2020 but given the current circumstances we felt it important that we re-share this information.

Provider	Details
NHS	<p>NHS is here to support your mental health during the coronavirus pandemic, as well as your physical health. It is important to note that if you are really struggling with your mental health and it is disrupting your everyday life seek professional help and talk to your GP. If you need urgent mental health support, call 111 option 2.</p> <ul style="list-style-type: none"><li>• If you are concerned about the mental health of your child, please contact your GP or check online self-referral options for under 18 years olds at: <a href="http://www.nhs.uk/conditions/stress-anxiety-depression">www.nhs.uk/conditions/stress-anxiety-depression</a></li><li>• If you're experiencing stress and anxiety, you can get further information, including how to self-refer to psychological therapies at: <a href="http://www.nhs.uk/conditions/stress-anxiety-depression">www.nhs.uk/conditions/stress-anxiety-depression</a></li><li>• Every Mind Matters aims to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. To learn more about how to look after your mental health and create your own action plan, visit: <a href="https://www.nhs.uk/oneyou/every-mind-matters">https://www.nhs.uk/oneyou/every-mind-matters</a></li></ul>
Kooth	<p><a href="http://www.kooth.com">www.kooth.com</a></p> <p>Kooth provide online mental health and wellbeing support to young people via any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from qualified counsellors.</p>
Samaritans	<p>Telephone: 116 123 (24 hours a day, free to call)</p> <p><a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair.</p>
Mind Infoline	<p>Telephone: 0300 123 3393 (09:00-18:00 Monday to Friday)</p> <p>Text: 86463</p> <p><a href="http://www.mind.org.uk/information-support/helplines">www.mind.org.uk/information-support/helplines</a></p> <p>Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy.</p>

SANEline	<p>Telephone: 0300 304 7000 (16:30-22:30)</p> <p><a href="http://www.sane.org.uk/what_we_do/support/helpline">www.sane.org.uk/what we do/support/helpline</a></p> <p>SANEline is a national out of hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. It is a confidential service for those aged 16 or over.</p>
The Mix	<p>Telephone: 0808 808 4994 (11:00-23:00)</p> <p>Crisis Support Text Service: Text THEMIX to 85258</p> <p><a href="http://www.themix.org.uk/get-support">www.themix.org.uk/get-support</a></p> <p>The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access The Mix's support via phone, email, webchat, peer to peer and counselling services.</p>
Childline	<p>Telephone: 0800 1111</p> <p><a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p>Childline is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about any topic – no problem is too big or too small.</p>
Elefriends	<p><a href="http://www.elfriends.org.uk">www.elfriends.org.uk</a></p> <p>Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind and provides an online space where you can be yourself.</p>
SHOUT	<p><a href="http://www.crisistextline.uk">www.crisistextline.uk</a></p> <p>Text Service: Text SHOUT to 85258 to text with a trained Crisis Volunteer who will provide active listening and collaborative problem solving.</p> <p>Shout provides free, confidential support 24/7 via text for anyone in crisis.</p>
Think Ninja	<p><a href="https://www.healios.org.uk/services/thinkninja1">https://www.healios.org.uk/services/thinkninja1</a></p> <p>A free app for 10-18 year olds which provides an opportunity to understand fears relating to coronavirus, isolation struggles and how to stay connected to family and friends, worried about personal health and the health of family members, mental strength and coping techniques to use during the pandemic.</p>
Young Minds	<p>Telephone: 0808 802 5544 (09:30-16:00 Monday-Friday)</p> <p><a href="https://youngminds.org.uk/find-help/for-parents/parents-helpline/">https://youngminds.org.uk/find-help/for-parents/parents-helpline/</a></p> <p>A source of support for parents and carers who are worried about the mental health of their child.</p>

Family Lives	Telephone: 0808 800 2222 <a href="http://familylives.org.uk/">http://familylives.org.uk/</a> Support to anyone parenting a child.
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Wootton Academy Trust operates:  
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Kimberley 16-19 STEM College  
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Company No. 7740758

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