



Student Support Team

Directory for Young People and Their Carers



Sutton
Community
Academy

Apps



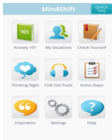
BellyBio Interactive Breathing

This app helps with deep breathing, helping you to relax, destress and reduce anxiety.



VIRTUAL HOPE BOX

Create your very own "happy place" right from your smart phone or tablet.



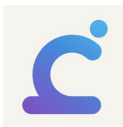
MIND SHIFT

An app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.



SAM

An app to help you understand and manage anxiety.



CALM HARM

helps you manage the urge to self harm. Why not try the *Calm Harm app*? Calm Harm provides tasks that help you resist or manage the urge to self-harm and it's completely private and password protected.



TEXT YOUR SCHOOL NURSE

11-19 year olds can text your School Nurse on **07507-329952** for confidential advice and support. They can advise on relationships, drugs, bullying, alcohol, healthy eating, self harm, smoking etc.

Websites

KOOTH

Free, anonymous online counselling for young people.

<https://kooth.com>



MOODJUICE

This site is designed to help you think about emotional problems and work towards solving them. It has a range of self help guides and tools relating to specific conditions.

<http://www.moodjuice.scot.nhs.uk/Professional/pdfGuides.asp>

ANXIETY BC YOUTH

This website offers a wealth of information to help you learn about and practice effective strategies to help you manage your anxiety, at your own pace.

<http://youth.anxietybc.com/>

PARENT ZONE

Topics include resilient families, radicalisation and extremism, cyberbullying and sexting it also offers online parenting courses and a guide to the Key Online Safety Rules 2016.

<http://parentzone.org.uk>

PACE

Parents against child sexual exploitation offers a free online course and advice on what to do to keep your child safe.

<http://www.paceuk.info/the-problem/keep-them-safe/>

MINDFULNESS

Using mindfulness techniques helps to increase our ability to enjoy our lives. www.getselfhelp.co.uk

THE HIDEOUT

Worried about going home, yourself or one of your parents? This website offers help and information about domestic abuse.

www.thehideout.org.uk

HETTY'S

For families affected by a loved one's substance misuse.

www.hettys.org.uk

YOUNG MINDS

Provides information and campaigns to improve mental health of all children and young people.

www.youngminds.org.uk

HARMLESS

Self Harm Support at Harmless providing a range of services about self harm including support, information, training and consultancy to people who self harm.

www.harmless.org.uk

THE MIX. The Mix offers free, confidential support for young people under 25 via online, social and mobile. www.themix.org.uk/get-support

EMBRACE THE FUTURE

Website for teachers, parents and other people who work with or care for children and young people

<http://www.embracethefuture.org.au/resiliency/index.htm>



CAMHS

Dealing with young people's mental health and substance use. www.nottinghamshirehealthcare.nhs.uk or email camhs.h2hteam@nottshc.nhs.uk

CHILDRENS BEREAVEMENT CENTRE

For children aged 3-18 years and their families who are affected by terminal illness, death or divorce/separation. www.childrensberavementcentre.co.uk

BREAKING FREE

A free confidential treatment and recovery programme for alcohol and drugs.

www.breakingfreeonline.com

FPA NHS

Talking sense about sex www.fpa.org.uk

CHILDLINE

A confidential 24-hour helpline for children and young people. www.childline.org.uk

LIFESIGNS

Raises awareness and provides information on self-harm. www.lifesigns.org.uk

NSPCC

Free 24-hour line for abused children, families and survivors. www.nspcc.org.uk

RU-OK

Website for young people who self-harm to use on their own or with an adult.

www.ru-ok.org

SAMARITANS

Confidential, non-judgemental helpline offering support 24 hours a day.

www.samaritans.org.uk

SELFHARM UK

SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in their life.

www.selfharm.co.uk

Useful internet safety advice and guidance for schools, pupils and parents:

safesocialnetworking.org - provides resources for young people

thinkuknow.co.uk – guidance from the Child Exploitation Online Protection Centre (CEOP)

kidsmart.org.uk - e-Safety information and guidance

saferinternet.org.uk – resources and activities and focus on safer internet