

Not feeling fine..? Need to talk..?

Ten ways to feeling better:

1. Take a break
2. Keep active - be outside, fresh air, exercise
3. Ground yourself - take notice of the world around you
4. Breathing exercises
5. Do something you are good at
6. Accept who you are and be kind to yourself
7. Care for others - or even a pet - do not take 'I'm fine' as an answer
8. Make time to connect, speak to a friend, send a message
9. Be healthy, be appy - use technology positively: Headspace, Calm app, <https://www.mindfulnessforteens.com/>
10. **Talk about your feelings**
 - ✓ Talk to a friend, someone your age
 - ✓ Talk to a parent
 - ✓ Ask to speak to a teacher - any member of staff, e.g. a form tutor, someone from the pastoral team



For more specialist help:

- ✓ you can email the Safeguarding team at school AA_Safeguarding@wealdqs.org to speak to a safeguarding lead, school nurse or a school counsellor
- ✓ Go to your GP and ask for help
- ✓ If you are getting no help from a GP you can refer yourself to the NHS using this number: **0300 1234496**



Kent Children and Young People's Single Point of Access

Concerned about a young person's mental health? Not sure what help is needed? Call the Single Point of Access (SPA)

0300 1234496




To get more immediate help:

- **Kooth** free online mental health and wellbeing service for young people aged 10 to 16. Qualified counsellors Monday to Friday between 12noon to 10pm and weekends between 6 to 10pm.
- **Chat Health** text service: any physical or emotional health concerns, Monday to Friday, 9am to 5pm on **07520 618850**.
- **Kent Youth Health** provides health information and advice directly to young people.

In a crisis?

- **Release the Pressure** are available for in-the-moment help for any age, 24/7. Call 0800 107 0160 or text Kent to **85258**.
- **The Mix**: If you're under 25 and need help but don't know where to turn, call us for FREE on **0808 808 4994**
- If you are at risk of harm, neglect or abuse, then phone **Childline 0800 1111**
- If you are not coping with life, for confidential suicide prevention device contact **HOPELINK** on **0800 068 4141** (Papyrus charity) or text **07860 039 967**



anxiety LGBTC+
RELATIONSHIPS bullying
LONELY CORONAVIRUS
BIG FEELINGS
Family ABUSE
EXAMS SOCIAL MEDIA
not coping RESILIENCE
OVERWHELMED

Need support now? Text **Kent** to **85258** for in-the-moment help. We are here for everyone, any age, 24/7

www.releasepressure.uk