



How can I support my child?



There are many challenges that teenagers have to face as they move through secondary school. Coping with these can be very challenging both for children and their parents. There are many avenues of support available, categorised below, that can provide sources of information and advice. However, if you have any concerns about your child – particularly if this has been evident over a prolonged period of time, please do contact the relevant Key Stage Office.



Young minds- <https://www.youngminds.org.uk>

NSPCC- 08088005000

Childline- <https://www.childline.org.uk/> 08001111

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

MindEd- <https://www.minded.org.uk/>

MeeToo- <https://www.meetoo.help/>

Hanley Castle High School Zero tolerance emails:

zerotoleranceKS3@hanleycastlehs.org.uk zerotoleranceKS4@hanleycastlehs.org.uk

zerotoleranceKS5@hanleycastlehs.org.uk



General Wellness and Self-Care including Coping with stress and anxiety.

Stress and anxiety are emotional responses. Stress is caused by an external trigger e.g. exams, a fall-out with a friend etc. Anxiety is defined by persistent, excessive worries that do not go away – even when there is no trigger. There are a range of coping mechanisms, but medical advice should be sought if this persists over the long term.

- **Young minds-** <https://www.youngminds.org.uk> –a broad collection of resources to help educate and support you on a range of mental health conditions and provides advice on coping with different aspects of life.
- **MindEd-** <https://www.minded.org.uk/> - free e-learning to help adults identify and understand children and young people with mental health problems
- **MeeToo-** <https://www.meetoo.help/> -safe and secure forum for teenagers wanting to discuss any issue affecting their lives – advice from experts or other teenagers going through similar experiences
- **Headspace:** <https://www.headspace.com/>: everyday mindfulness and meditation for stress, anxiety and sleep
- **Moodjuice:** <https://www.moodjuice.scot.nhs.uk>: able to get advice on any feelings that you are experiencing.

Boost Self-Esteem

Self-esteem is how we value and perceive ourselves – based on opinions and beliefs. Difficult or stressful life experiences can affect our self-esteem, however there may not be a particular cause of low self-esteem.

- **What works for wellbeing:** <https://whatworkswellbeing.org/> : network of researchers, think tanks providing evidence, guidance and discussion paper on a range of subjects, including community wellbeing and measuring wellbeing.
- **Mind:** <https://www.mind.org.uk/> : information and support for mental health problems
- **Mood juice:** <http://www.moodjuice.scot.nhs.uk/> : type in how you are feeling and it will give resources to help.

Self-Harm

Self-harm can be used as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. It can be described as a means to change emotional pain into physical pain. There is treatment and support available as self-harm does carry risks

- **Self-harm UK-** <https://www.selfharm.co.uk/> is dedicated to supporting young people impacted by self-harm, providing a safe space to talk and ask questions. Through online supports groups that have sessions weekly.
- **Get self help-** www.getselfhelp.co.uk – various resources to help with depression, anxiety, suicide, including downloadable content and self help videos.
- **Beat eating disorder uk:** <https://www.beateatingdisorders.org.uk/> : information about what to do if you're worried about a friend to support someone with an eating disorder. Includes useful helplines and chatrooms to discuss problems with people who may also be experiencing these problems.
 - **Talk to frank-** <https://www.talktofrank.com/> -provides friendly and confidential drugs advice.

Bereavement

Bereavement is the experience of losing someone important to us. Grief is the process and range of emotions experienced. Receiving support for bereavement can enable students to talk about the person who has died, ask questions, express their feelings and have their fear and worries accepted.

- **Child bereavement uk:** <https://www.childbereavementuk.org/> : information and resources to support those dealing with a loss. Helpline 08000288840
- **Young minds-young carers:** <https://www.youngminds.org.uk/young-person/coping-with-life/young-carers> : how to spot if young carers need support and how to get help.
- **Footsteps bereavement counselling:** <https://talktofootsteps.co.uk/> : support for bereaved young people and their families
- **Hope again -** <https://www.hopeagain.org.uk/> youth website providing advice for any young person dealing with the loss of a loved one

Gender Identity and Sexuality

Thoughts, feelings and questions regarding gender identity and sexuality can be worrying for young people and result in students feeling isolated. There are a range of information and resources available both for students and parents who would like further advice and support.

- **Mermaid:** <https://mermaidsuk.org.uk/>: hosts information and resources for young people, parents and professionals facing issues of gender nonconformity and gender dysphoria.
- **Relate:** <https://www.relate.org.uk/> : counselling and advice for young people who are having relationship problems.
- **Switchboard LGBT+ helpline** - <https://switchboard.lgbt/> safe space for anyone to discuss anything including sexuality, gender identity, sexual health and emotional wellbeing.

Domestic Abuse

Domestic abuse happens when one person hurts or bullies another person who is within the same family – often a repeated pattern of behaviour. Domestic abuse can take many forms – emotional, physical, sexual or financial. Young people can be affected by the abuse they see and hear, and they can be hurt or bullied as part of domestic abuse between adults.

Women's Aid- <https://www.womensaid.org.uk/> Tel- 0800 980 3331- domestic violence charity that supports domestic and sexual violence services across the country. With lots of online resources like a live chat and email to contact.

The hideout- <https://thehideout.org.uk/> - website to help children and young people who have witnessed domestic violence.

Meetoo- <https://www.meetoo.help/> - safe and secure forum for teenagers wanting to discuss any issues affecting their lives, from experts or other teenagers going through similar experiences.