

# Wellbeing Bulletin

## Asking for help can be empowering and a personal show of strength.

We all need support in some aspects of our lives at some point and talking is a positive step in supporting good mental health.

For some, talking face-to-face can cause anxiety and heighten feelings of being judged. This is where **KOOTH** can support young people professionally and confidentially without the need for face-to-face discussions.

Issues both big and small are dealt with online, 365 days of the year.

### Free, safe and anonymous online counselling and support

"I don't think I could've spoken  
to someone face-to-face."

  
Chat to our  
friendly counsellors

  
Read articles written  
by young people

  
Join live  
moderated forums

  
www.kooth.com

### Top 5 Reasons to Talk:

- 1 Talking helps to unlock hidden answers
- 2 It helps you de-tangle your thoughts and gain new perspectives
- 3 Provides another view from your exhausted mind
- 4 It helps to boost your mood
- 5 Allows you to feel validated and find relief from your anxieties

### In-school support:

**School Counsellor:** Monday and Wednesday

**School Chaplaincy service:** Thursday

**CAMHS:** dates to be confirmed

**Drop-in sessions with Mental Health Lead:** Break 1 every day

**Timetabled sessions with Mental Health Lead:** every day

Students can self-refer to any of the above through Self-Referral Forms obtained from Tutors or Heads of Year

**WINSTON'S  
WISH**   
Giving hope to grieving children



 **PAPYRUS**  
prevention of young suicide

We're supporting  
 **mind**  
for better mental health

 **shout**

**In crisis?  
Need support?**

 **Text AFC to 85258**

**Text the free, anonymous crisis textline**

All texts are answered by trained volunteers with support from experienced clinical specialists

South Dartmoor Community College

