

Welcome to our Wellbeing Newsletter.

HAPPY NEW YEAR!!

Although a little belated I would like to take this opportunity, on behalf of us all at Wildern, to wish you a Happy New Year and although a distant memory we hope you had a lovely Christmas.

As we face another lockdown, taking care of your and your loved ones mental health is really important. Many of us are experiencing difficult feelings and emotions about coronavirus. This may be about getting sick, the government restrictions or feeling hopeless about when the pandemic might end.

Remember: things might feel hard right now, but this situation is unusual, and it won't last forever.

Please do continue to email us at wellbeing@wildern.org if you would like to some suggestions of website you could visit for support or advice in February's newsletter.

Kind regards
Mrs Thomas
Head of Student Services

'Every Mind Matters, Every Person Counts'

YOUNG MINDS

Starting a conversation with your child

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are lots of fun activity ideas, conversation starters and advice to make talking easier and help you and your child #TAKE20

Coronavirus Advice and Mental Health Support

Visit Young Minds advice page if you are struggling with self isolation, coronavirus, and the impact it has on your mental health.



YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support. Text: YM to 85258. Opening times: 24/7



The Mix

Offers support to anyone under 25 about anything that's troubling them. Email support available via their online contact form. Free 1-2-1 webchat service available. Free short-term counselling service available. Phone: 0808 808 4994. Opening times: 4pm - 11pm, seven days a week



Childline

If you're under 19 you can confidentially call, chat online or email about any problem big or small. Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service. Can provide a BSL interpreter if you are deaf or hearing-impaired. Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations. Phone: 0800 1111. Opening times: 9am - midnight, 365 days a year



If you have any coronavirus symptoms:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Get a test and stay at home



Shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258



Mind's Infoline advisors provide information on a range of topics including; types of mental health problems, where to get help and support in your local area, medication and alternative treatments and advocacy. The Helpline is open 9am to 6pm, Monday to Friday (except for bank holidays).

Helplines

Email: info@mind.org.uk
Text: 86463
Post: Mind Infoline, PO Box 75225, London, E15 9FS

Our infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Ask us about

- Mental health problems
- Where to get help near you
- Treatment options



For men

CALM offer accredited, confidential and free support to men anywhere in the UK through a helpline and a webchat service. They will talk through any issue with you and offer support, advice and signposting. Calls won't show up on your phone bill and are free all phones. [Read More](#)



Barnardo's provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life. They can offer support on subject such as mental health, alcohol mis-use and domestic abuse amongst other things. [Read More](#)



The website focuses on advice on Family life, well-being, parenting and relationships, online safety and finance. [Read More](#)



Health and emotional wellbeing

- Wellbeing- Learn simple and effective ways to look after your everyday wellbeing and stay well.

Our online wellbeing classes include:

Breathing Space: a 1hr class teaching simple and effective relaxation skills.

Self Care for Carers: a 1hr class for people who look after a friend or family member.

- Support - If you've been feeling down or overwhelmed lately, our guided self-help options empower you to get back on track. Try SilverCloud, our online CBT programme, available 24/7 from any device.

Or our Managing Moods webinars, now available as a 6 week online course.

- Treatment - We offer evidence-based treatments for depression, anxiety, OCD, PTSD and phobias, but you don't need a diagnosis to self-refer. Find out more about our talking therapies. [Read More](#)



Mental health charities, groups and services

Mental Health Foundation

020 7803 1101
Improving the lives of those with mental health problems or learning difficulties.

Together

020 7780 7300
Supports people through mental health services.

The Centre for Mental Health

020 7827 8300
Working to improve the quality of life for people with mental health problems.

BACP Find a Therapist Directory

01455 883300
Through the British Association for Counselling & Psychotherapy (BACP) you can find out more about counselling services in your area.

PANDAS Foundation

0843 28 98 401 (every day from 9am-8pm)
PANDAS Foundation vision is to support every individual with pre (perinatal), postnatal depression or postnatal psychosis in England, Wales and Scotland. We campaign to raise awareness and remove the stigma. We provide our PANDAS Help Line, Support Groups offer online advice to all and much more.