



Welcome to May's edition of our Wellbeing newsletter

Since the beginning of this pandemic, not a day has gone by without people being kind. As parents, students and members of our community let's ensure that this keeps happening.

Here are some top tips on how to be kind during this difficult time:

- Keep your social connections going through technology.
• Hold a virtual movie night.
• Deliver a food parcel or card to an elderly neighbour.
• Look out for friends who might be feeling down by checking in on them and other people you know from school or clubs.

Think about how you can show kindness each day in small ways. Doing good does you good.

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

Kind regards Mrs Thomas Head of Student Services

'Every Mind Matters, Every Person Counts'



shout 85258 Struggling to cope? Text SHOUT to 85258. Here for you 24/7. Text us now.

Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis.

kooth Your online mental wellbeing community. Free, safe and anonymous support. Watch our Kooth video. Join Kooth.



5 steps to mental wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.



Logos and descriptions for Anna Freud Centre, Kidscape, The Proud Trust, MindMate, Beat, and Solent Mind.

How to set-up parental controls with Family Pairing

TikTok is used by many teenagers and sometimes children younger than 13 despite its terms and conditions.

7-step guide to setting up parental controls on TikTok. Includes screenshots of the app interface.

YoungMinds Crisis Messenger

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK.

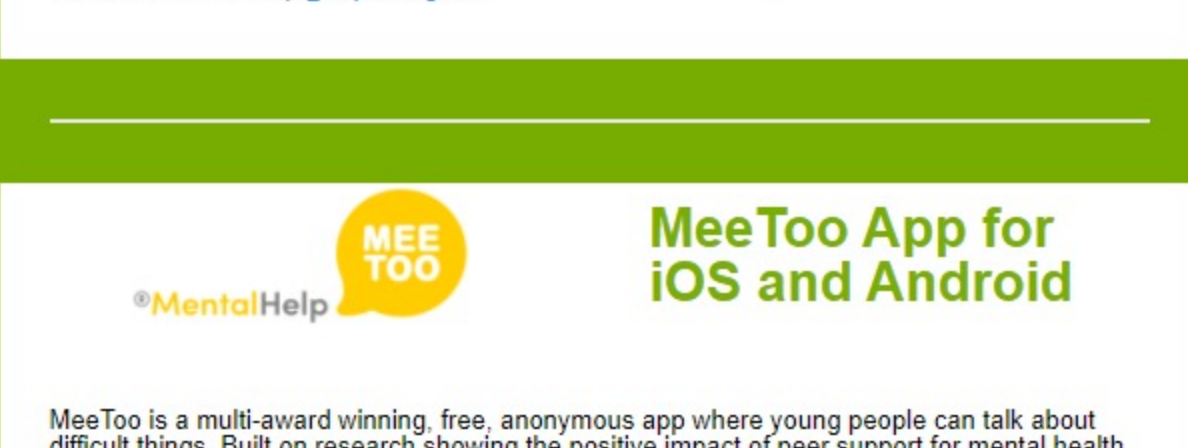
It is free and confidential to text our service from the following major networks: EE, O2, Three and Vodafone.

These include - BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff.

For more information: CLICK HERE

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR

The NSPCC have launched a helpline, Report Abuse in Education. They will run the bespoke helpline to provide appropriate support and advice to victims of abuse, and concerned adults.



This dedicated helpline will offer support to: all children and young people making current and non-recent disclosures of abuse...

Young people and adults can contact the NSPCC helpline, Report Abuse in Education on 0800 136 663 or email help@nspcc.org.uk

MeeToo App for iOS and Android. MentalHelp logo. Description of the app's purpose and safety features.

You can easily see how MeToo works here: CLICK HERE

Want to change how you receive these emails? You can update your preferences or unsubscribe from this list

