

## Wellbeing Wednesday

This is that last leaflet of the school year. We aim to bring out a revised format in September that will continue to help you all.

We hope you have found them useful or informative.

This final leaflet has some important numbers and links if you need support over the break.

Have a great Summer!

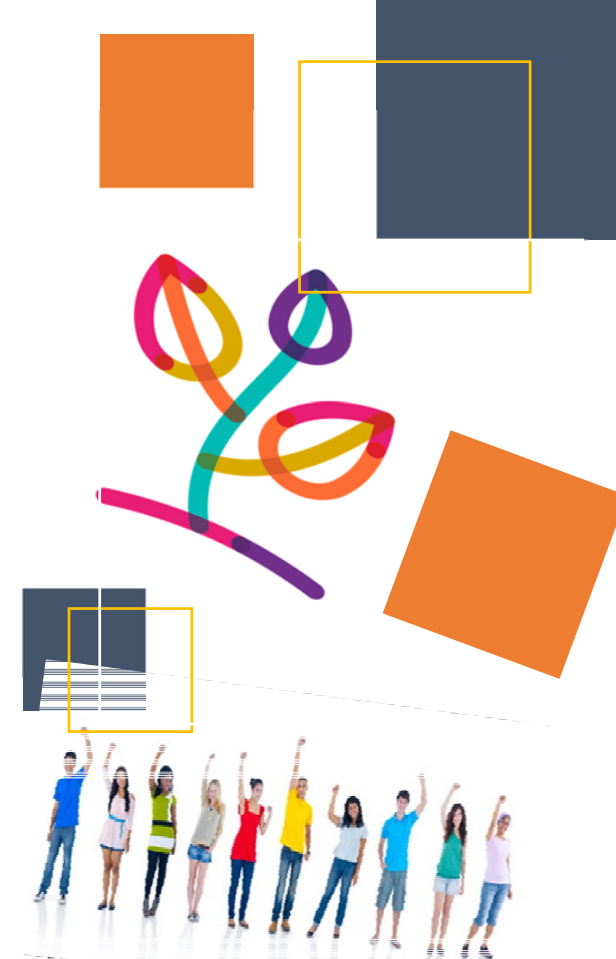
## Young Peoples Wellbeing Service

As well as TADIC the YPWS runs Eastleigh Youth Counselling Service which can give access to confidential counselling through their website.

The link below will take you to their text service and 'contact us' link

[EYCS](http://eycs.co.uk/)

<http://eycs.co.uk/>



## TADIC

As the holidays are upon us, it's worth remembering that there is access to help and support in the middle of Hedge End that you can reach via text, online form or drop in. See the link below for the Teenage Drop in Centre

[TADIC](http://eycs.co.uk/tadic/)

<http://eycs.co.uk/tadic/>





## Dove Self Esteem Project

Dove have continued with their self-esteem project into the summer with some great videos, a link for students and a page for parents too.

See the link below for more information:

[Dove Uniquely Me](#)

[https://www.dove.nationalschoolspartnership.com/?input5=Mr%20Chance&input3=m.chance%40wildern.hants.sch.uk&input7=Wildern%20School&enctype=&dm\\_i=5ZWG.1UKS,DDI0R,6Y2W,1](https://www.dove.nationalschoolspartnership.com/?input5=Mr%20Chance&input3=m.chance%40wildern.hants.sch.uk&input7=Wildern%20School&enctype=&dm_i=5ZWG.1UKS,DDI0R,6Y2W,1)

Don't forget to use the THINKNINJA app for support help and guidance if needed!



## School Wellbeing Areas

A reminder that these leaflets can be found in each year group's members' area. Lots of valuable information and signposting to be found there.

Included over the last few weeks have been:

TADIC

YPWS

NHS

British Red Cross

YES FUTURES

NSPCC

ThinkUKnow

THINKNINJA

# “Every Mind Matters, Every Student Counts”

## **ONLINE SAFETY- THINKUKNOW**

If you are worried about anything online over the break or you think a friend or family member may be at risk, remember you can visit the THINKUKNOW website which has advice and guidance for children of all ages and a parental portal where you can report concerns and seek advice. They have just launched an Online Blackmail part of the site for 15-18 year olds.

Link: [ThinkUKnow](#)

<https://www.thinkuknow.co.uk/>