





thinkNinja

Empowering young people to reach their potential

## Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at [absence@wildern.org](mailto:absence@wildern.org)

The setting of work is to ensure that each student can carry on as best as they possibly can with their studies. We realise at this current time each family has a different situation and routines are different from house to house.

## Online Safety Advice:

ThinkuKnow is a national online safety support website that is developed by CEOPs. Link below:

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

## ThinkNinja

It has been a while since we launched ThinkNinja to all students. It is a great App that has been commissioned by the NHS and is free. It gives help and advice to students and has updated all of its services to support during this current pandemic.

It can be set up so that if a young person is feeling anxious and are meeting certain threshold, they access support from trained professionals via the App

All each student needs to do is upload the App and use the school postcode to register; SO30 4EJ. Make sure they enter their date of birth accurately.

**Hampshire and IOW CYP Crisis Line**  
Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone support for Children and Young People aged 11 – 17 years old.

Who are experiencing mental health crisis and living in Hampshire or the Isle of Wight.

Immediate access to...

- One to one confidential emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

Freephone: 0300 303 1590 Starting 4th May 2020

Southdown, Havant and East Hants **NHS**

# “Every Mind Matters, Every Student Counts”

## NHS Hampshire & IOW CYP Crisis Hotline

A newly commissioned Crisis Line opened on Monday 4th May for children and young people aged from 11-17 years in Hampshire and the Isle of Wight.

**Freephone 0300 3031590**

**Mon-Thurs 3-8:30pm**

[NHS Crisis Booklet](#)



Yes futures have some activities around wellbeing that can be done by parents and young people; link below

[Resources for Parents](#)