



Student Safeguarding Newsletter

Summer 2022

At last the holidays are here, we hope you all have a safe and happy summer break but remember its OK not to be OK and to reach out if you need help.

Take a look at the newsletter and explore our website [here](#) which will signpost you to a range of agencies who can provide help and support for you, a friend or family member.

If you feel worried
that something's
not right,

there are people
you can talk to.

Something's
not right

childline.org.uk/somethings-not-right

Childline is free to contact on 0800 1111.

Childline is yours – a free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime

The Childline service **gives children and young people a voice when they feel no one else is listening.**

Whatever problems or dangers they face, we give them somewhere to turn to for support when they need it.

Summer Self-Care resource.



This resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them. This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them. You can access this resource [here](#).

kooth

You can still access
support over the
summer holidays

Join our community at kooth.com



Kooth have lots of resources that are available during the summer please click the link [here](#) to be taken to their website.

Worried about self-harm

Calm Harm is an award-winning app, the app is private, anonymous, and safe.

About Calm Harm

The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app by choosing activities from these categories:

Comfort, Distract, Express Yourself, Release, and Random.

There is also a breathing exercise to help you be mindful and stay in the moment, regulate difficult emotions, and reduce tension.

When you ride the wave, the urge to self-harm will fade.



The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted.

[I'm under 18 – The Bridge \(thebridgecanhelp.org.uk\)](http://thebridgecanhelp.org.uk)



Young Minds remains a brilliant place to support you and your friend's mental health. Access advice [here](#) on how to support yourself and your friends if struggling with mental health.



Year 13 Free webinar

Access a free webinar [here](#). This is aimed at Year 13 and college students who will be starting university this autumn term. It contains top tips for

- Managing your wellbeing in the first few weeks of university
- What to expect in the transition period
- Who to contact if you want to talk to somebody