



Princes Risborough School

Student Well-Being Support Over Weekends and Breaks

Please see our Mental Health section page on our website that has useful links and resources

<http://www.princesrisborough.bucks.sch.uk/Parents/Mental-Health/>

If you have any concerns about your own or someone else's welfare or safety, you must report it. It is better to tell someone, rather than failing to tell anyone and you or the person you are worried about possibly being exposed to further risk of harm.

Please email Childprotection@prsbucks.com

If you need to talk to someone or access information and resources over a weekend or break, hopefully some of these will be of help to you. There is also a section with advice for parents if they need signposting to some links and organisations as well.

Kooth - <https://www.kooth.com/> - free, safe and anonymous online support for mental wellbeing

Childline - <https://www.childline.org.uk/> - free and anonymous helpline with trained counsellors for anyone under 19 and covering any issues

Young Minds - <https://youngminds.org.uk/> - a wide range of mental health support – counsellors, workshops, blogs, resources

Every Mind Matters - <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/> - well-being advice and strategies from Public Health England/NHS

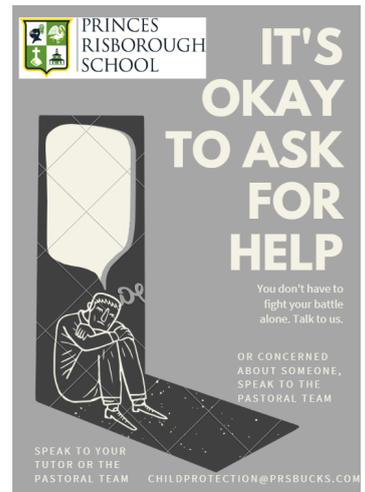
The Mix - <https://www.themix.org.uk/> - support service for young people; covers a wide range of topics, including mental health, money, drugs, racism, being a young carer

Get Self Help - <https://www.getselfhelp.co.uk/selfhelp.htm> - website with dozens of links to other wellbeing sites and organisations

Sane - <http://www.sane.org.uk/> - mental health charity which offers support and advice

Samaritans - <https://www.samaritans.org/> - well-being charity which offers counselling and support

Headscape - <https://headscapebexley.co.uk/> - accessible and easy to use website with lots of relevant resources and information



Mee Too - <https://www.meetwo.co.uk/> - app which allows users to anonymously get advice about difficult things with other people of a similar age or experience

Calm Harm - <https://calmharm.co.uk/> - free NHS app for anyone worried about self-harm

Mental Health apps - <https://www.nhs.uk/apps-library/category/mental-health/> - dozens of apps recommended by the NHS