

# Support for students outside of school

- Variety of self help tools

- Padlet

- Confide

- Shout 85258

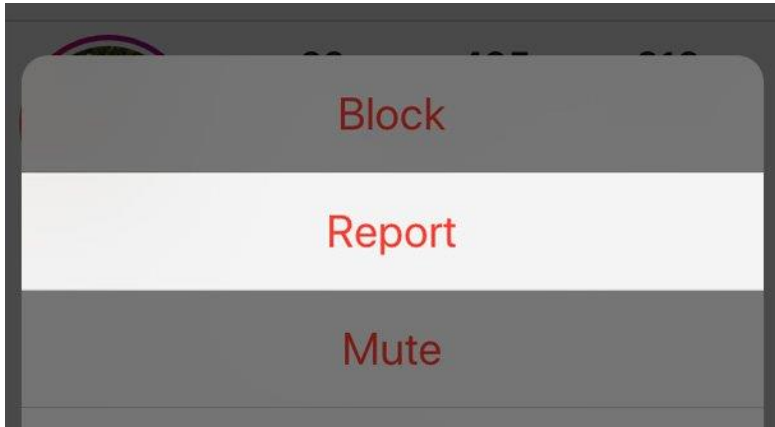
- Mind

- Kooth

- All links are available on the school website for students and have been posted on TEAMS for them to access.

- Mental health does not always mean crisis support.

- Students can always access support if it is needed from these sources



## Confide Tool

- Confidential reporting service.
- Allows pupils to send notifications, anonymously (if wanted), of any concerns they have for themselves or others.
- Accessible through any computer, look for the button.



Pastoral and Wellbeing @ Dallam School  
Support for all students whatever the issue

**Fill out this form if you'd like to chat with someone in school**

forms.office.com

Microsoft Forms

If you would like to chat with a member of staff in school please fill out this form to make an appointment. A member of the pastoral team will get back to you within a couple of days. You are also welcome to call at pastoral during break times or lunchtimes or speak with your form tutor any time.

**Student Council WE NEED YOU!**

Do you have any ideas or suggestions that you would like to be raised at the next Student Council meeting? If so, Student Council would love to hear from you. Complete the short form using this link - <https://forms.office.com/e/nmZzkME8kg>

**Meet the pastoral team**

dallamschool.co.uk

Pastoral team - Dallam School - excellent pastoral care at Dallam

Pop down to see us at break time or lunchtime, or book yourself an appointment using the form.

**IT'S OK NOT TO BE OK**

**I am worried about...try using the worry tree**

Change focus of attention  
Change mood of attention

**Report it! Bullying, sexual harassment, or something you just don't feel comfortable with**

We don't accept bullying, sexual harassment, use of inappropriate language to be a 'normal' part of school life. We encourage you to report it by speaking with a member of staff in school or using the Confide button on the computers. We are here to support you.

**BE KIND. EVEN ON YOUR BAD DAYS.**

**Shout Coping Skills Booklet**

Little book of coping skills

shout 85258

PDF

shout little book

A little book of coping skills which you can use if you are feeling anxious or overwhelmed, lonely or low, worried or stressed.

**Click this link for online support from Kooth.Com**

kooth.com

Your online mental wellbeing community

**You are not your thoughts!**

YouTube

You are not your thoughts

**Where to get help out of school hours**

Out of Hours School Care

If you are in urgent need of mental health support, please talk to a trusted adult or contact the following services:

- Arrange a GP appointment or call 111
- Childline helpline: 08001111
- www.childline.org.uk
- PAPYRUS UK/Hopeline: 0800088414 Text 07865039967
- Young Minds crisis text service, 24/7 support: text 'YM' to 85258
- Lancashire Care and Wellbeing Mental Health Helpline Tel: 0800 915 4640

**Top tips for managing your exams**

bbc.co.uk

Exams

Remember it's normal to feel some stress about your exams. Use this link to help you know how to keep on top of your studies. You can do this!

**Click this link for Online Support from Papyrus - Suicide Prevention**

papyrus-uk.org

Papyrus UK Suicide Prevention | Prevention of Young Suicide

Support for all young people experiencing feelings of ending their own life. These feelings will pass. There is always help available. Click this link to access online support.

**Top tips to deal with Exam stress**

childline.org.uk

Exam stress and pressure

**What are the 5 ways to Wellbeing?**

YouTube

The 5 ways to wellbeing

Click on the link to understand what we mean by 'Wellbeing'

**Click this link for support from Shout - Text Service**

giveushout.org

Click this link for more information.

Text 85258 for free 24/7 mental health support. Whatever's going on, letting it out can help. Text Shout anytime for free, to talk with a trained volunteer who'll help you feel calmer.

# Getting Help

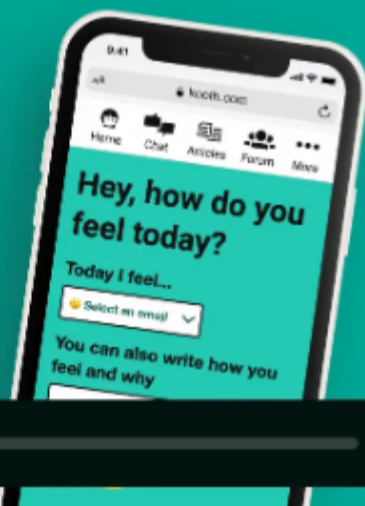
Kooth





[Log in](#)

What is  
Kooth?



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## Whatever you're feeling, we're here to help

Get free, safe and anonymous support.

[Sign up for free](#)