



WEBSITES- Mental Health Support: General (Adults and Young People)

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

<https://www.mentalhealth.org.uk/your-mental-health/about-mental-health/what-mental-health>

WEBSITES- Mental Health Support: Young People

<https://youngminds.org.uk/>

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

<https://www.thezoneplymouth.co.uk/self-help/young-people/mental-health-and-emotional-wellbeing>

<https://mindyourway.co.uk/headstart-kernow/>

<https://www.annafreud.org/schools-and-colleges/resources/>

<https://www.home-start.org.uk/>









MENTAL HEALTH APPS- FOR ANDROID AND SMART PHONES

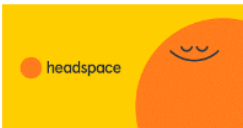








Key Stage 3

	
Sesame Street	Mindful Powers
	
	

Key Stage 4

	
MindShift	Moodpath
	
	



Both

		
Headspace	Smiling Mind	Calm
		
		



EMERGENCY SERVICES (Will need to select service)	999	Emergency situations if someone is at immediate risk of harm
Devon and Cornwall Police (Non-emergency)	101	Reporting non-urgent crimes or concerns relating to criminal behaviour
Multi Agency Referral Unit (MARU)	0300 1231 116	To be called if you are worried about the safety of a young person and need to report concerns
Early Help Hub (EHH)	01872 322277	Will help in signposting to appropriate service that can support if in difficulty with a young person
Children's Social Care— out of hours (past 5pm most days)	01208 251300 https://www.cornwall.gov.uk/health-and-social-care/childrens-services/	Support and advice on all available services relating to improving life of children and young people
Childline	0800 1111 https://www.childline.org.uk/	Information and advice to adults and young people who feel at risk of harm
Kernow Young Carers	0800 587 8191 https://www.kernowyoungcarers.org/	Offers support and guidance to those young people who care for family members
NSPCC	0808 800 5000 https://www.nspcc.org.uk/keeping-children-safe/	Advice and support in keeping children safe from harm
CAMHS St Austell	01726 873292	Support with Young People's Mental Health and guidance
YZUP (Substance Misuse)	01872 300816 https://www.wearewithyou.org.uk/	Support and guidance with Young People's misuse of drugs and alcohol
Kooth Online	https://kooth.com/	Live counselling service for Young People throughout the day



<p><u>Domestic Abuse</u></p> <p>https://www.womensaid.org.uk</p> <p>https://www.gov.uk/guidance/domestic-abuse-how-to-get-help</p> <p><u>Child Exploitation</u></p> <p>https://paceuk.info</p> <p>https://safeandsoundgroup.org.uk</p> <p><u>Online Safety</u></p> <p>https://www.thinkuknow.co.uk/</p> <p>https://www.saferinternet.org.uk/</p> <p>https://nationalonlinesafety.com/guides</p> <p><u>General websites</u></p> <p>https://www.childline.org.uk/</p> <p>https://www.nspcc.org.uk</p>	 
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If you are concerned about the physical, emotional or mental well-being of a young person during the summer holidays, please ensure you raise it with the relevant agency on the middle page- safeguarding young people is everyone’s responsibility. If you are unsure which agency to raise it with, then please call the MARU (0300 1231 116) or Early Help Hub (01872 322277) to allow your concern to be logged and actioned.

PLEASE NOTE:

Poltair School staff will be available from Tuesday 1st September to respond to questions and offer support as we begin the Autumn Term- please call the main number 01726 874520 and ask to speak to (or leave a message for) the relevant Head of Year or Pastoral Manager.

YEAR 7	<p>Mrs Pengelly- Head of Year 7 jpengelly@poltair.cornwall.sch.uk</p> <p>Mrs Harvey- Pastoral Manager Year 7 charvey@poltair.cornwall.sch.uk</p>
YEAR 8 AND 9	<p>Miss Dingwall- Head of Year 8 and 9 cdingwall@poltair.cornwall.sch.uk</p> <p>Miss Cook- Pastoral Manager Year 8 and 9 kcook@poltair.cornwall.sch.uk</p>
YEAR 10 AND 11	<p>Miss Waters- Head of Year 10 and 11 vwaters@poltair.cornwall.sch.uk</p> <p>Mrs Wingrave- Pastoral Manager Year 10 and 11 rwingrave@poltair.cornwall.sch.uk</p>