



Health & Well-being Support

Don't worry if you usually get help & support in school. During the time we are closed you can pick from this list of services if you need to talk to someone.

| Service | Information/Support Offered | Contact details |
|----------------|--|---|
| CAMHS Live | Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stressed | www.nhft.nhs.uk/camhslive |
| Young Minds | Crisis Messenger | text YM to 85258 |
| Childline | Online, on the phone help about all areas of concern. Web site is full of useful information | 0800 1111 www.childline.org.uk |
| VOICE | victim of theft, robbery, attacks, abuse, violence, harassment, or stalking? | 0300 3031965 |
| CIRV | In a Gang and want out? Know someone else who needs help getting out of gang related activity? | call 24/7 on 07539183975 |
| CASUS | Need help with Drug & Alcohol abuse? | 01223 214614 |

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| | CASUS is an early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire. | |
| STEM | Supporting teenage mental health | www.stem4.org.uk |
| NHS | For your mind, for your body – support for all areas | www.nhs.uk |
| NSPCC | National Society for the Protection of Children | 0808 800 5000 (free) |
| Samaritans | Support for people in crisis | 08457 909090 |
| School Nursing | Chat Service | 07480 635443 |
| Kooth | Free safe and online support for young people | Kooth.com |
| CHUMS | Mental health and emotional well-being to support children | Chums.uk.com Cambridgeshire: 0330 0581 659 |
| Keep your head | Confidential text service where you can speak to healthcare professionals about issues such as emotional health, self-harm, smoking, relationships, healthy eating, alcohol, drugs and bullying. | 07480 635443 |

Apps to download for self-help.

| App | Helps you with | image |
|--------------------------------------|--|---|
| Calm Harm (part of STEM) | Help you to resist or manage the urge to self-harm and can help to reduce anxiety. |  |
| Clear Fear (part of STEM) | Clear Fear is a free app to help children and young people manage the symptoms of anxiety. |  |
| Combined Minds (part of STEM) | Combined Minds is a free app to help families and friends provide mental health support. |  |

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| What's Up | Use the positive and negative habit tracker to maintain your good habits |  |
| Mind Shift | Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations. |  |
| Happify | The Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. |  |

Local Foodbanks

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|------------------------|--------------------------|--------------|
| Food Bank (Soham) | Millbrook house | 01353 624800 |
| Food Bank (Ely) | Trussell Trust Food Bank | 01353 468626 |
| Food Bank (Huntingdon) | Newmarket Open Door | 01638 600699 |

You can also email cp@soham-college.org.uk and someone from the safeguarding team will help you.

‘Take care of yourself before you take care of your performance’