

The South Wolds Academy & Sixth Form

Supporting Emotional Health



Good mental health is the foundation of young people's emotional and intellectual growth; underpinning the development of confidence, independence and a sense of self worth. It can be hard to know how young people are feeling and, as parents and carers, how best to offer advice and guidance.

The South Wolds Academy and Sixth Form - emotional health team



Senior mental health and Diversity Lead. - Miss Drewett - gdrewett@southwolds.uk

Vulnerable student Support worker and operational DSL - Mrs Danson -
ldanson@southwolds.uk

Designated Safeguarding Lead – Mrs Brooks – sbrooks@southwolds.uk

School based well being and emotional health is the responsibility of every member of staff. Where there are specific concerns regarding a young person's emotional health, support is allocated according to need.

For general wellbeing or engagement in learning concerns, please contact your child's Head of Year in the first instance.

For urgent safeguarding concerns or if you wish to report something you are aware of, please call the main school number 0115 9373506 or email the Designated Safeguarding Lead, Sarah Brooks – Sbrooks@southwolds.uk

Contact will be made with you as soon as possible during school hours.



At any age, children can find going to school difficult. They may be very unwilling to get up, get ready; they may feel sick, or complain of stomach/headaches; they may get angry or upset. The longer it goes on, the more worrying it can be for the child, their parents or carers. Some children feel anxious about the thought of school when they are at home, but settle down during the school day, while others only display anxiety while at school.

Some parents find their child's distress at going to school so hard to bear they keep them at home, to avoid daily upsets. It may seem like a solution, but doing this can make the problem much worse. Whilst situations like this are rare, it is really important to work in partnership with school to address the issue.

1. Tackle it early – the longer anxiety about school persists, the deeper it becomes.
2. Talk to your child, listen to their fears and respect their feelings. Try out practical strategies that help them to be in control of their anxiety. For example, younger children could try making a 'worry box' where at a certain time each day they write down their worry, post it in the box, close the lid and don't worry any more about it that day. For older teenagers support them in finding anxiety-reducing activities like sports, a creative hobby or youth club.
3. Talk to the Attendance Officer – Claire Till, Make her aware of the situation and agree strategies to begin resolving the issue. This could include things like regular check-ins with a key member of staff, a quiet space for break time and lunchtime.
4. Try to reduce your child's fear of failure and disappointment. Help them to recognise that anxiety can happen to everyone and it's ok.
5. Make sure routines are consistent, including time for regular meals, homework, and fun.
6. Seek professional help from your GP if needed.

For more information or support please contact Mrs Claire Till, Attendance Officer, in the first instance.



SOUTH WOLDS ACADEMY

Be Kind ★ Work Hard ★ Aspire



*It's okay
to not be okay.*
You are not alone.
Help is always here.



MENTAL HEALTH & CRISIS SUPPORT

*Talk. '!
Share.
Get Support.*



SAMARITANS

116 123

24/7 • Free • Confidential

Whatever you're going through,
a Samaritan will listen.
You don't have to be suicidal
to contact us.



PAPYRUS

PREVENTION OF YOUNG SUICIDE

0800 068 41 41

24/7 • Under 35s • Confidential

Confidential support and advice
for young people who are
feeling suicidal.



**NOTTINGHAMSHIRE
CRISIS SANCTUARIES**

0330 822 4100

Out of hours

Safe spaces for anyone in
emotional distress or crisis.
Open evenings, weekends
and bank holidays.



**NHS MENTAL
HEALTH HELPLINE**

0808 196 3779

24/7 • Free • Confidential

Call for free if you are feeling
anxious, overwhelmed or
in need of mental health support.



CALM

CAMPAIGN AGAINST
LIVING MISERABLY

0800 58 58 58

5pm – Midnight • Every day

For anyone struggling and who
needs to talk. CALM are here
to listen, not to judge.



**THE TOMORROW
PROJECT**

0115 880 0280

Mon – Fri, 9am – 5pm

Support for young people
in Nottingham and Nottinghamshire
with their mental health.



BE U NOTTS

0115 708 0008

Mon – Fri, 8am – 8pm

Emotional health & wellbeing
support for children and
young people in Nottinghamshire.



CAMHS

CHILD & ADOLESCENT
MENTAL HEALTH SERVICES

0115 854 2299

Referral through GP or Professional

Support for children and young
people with a range of mental
health difficulties.

[www.nottinghamshirehealthcare.nhs.uk/
camhs-parents-and-carers](http://www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers)



NOTTALONE

LOCAL MENTAL HEALTH
ADVICE & SUPPORT

www.nottalone.org.uk

Your go-to guide for local
mental health support, advice
and wellbeing services across
Nottinghamshire.

**YOU MATTER.
WE ARE HERE TO HELP.**



TALK

Opening up
is a brave
first step.



SHARE

You don't have
to face things
alone.



SUPPORT

There are people
who care and
want to help.



HOPE

Things can
and will get
better.

For more information
and support, scan here:



Need help?

Speak to a trusted adult, your Head of Year,
a member of the Safeguarding Team or
Student Services.

Have Hope.

You are stronger
than you think.



Be Kind

Work Hard

Aspire





SOUTH WOLDS ACADEMY

Be Kind ★ Work Hard ★ Aspire



Your wellbeing matters.

Support is here whenever you need it.



WELLBEING SUPPORT

HELP AND ADVICE FOR YOUR WELLBEING



SLEEP SUPPORT

Advice and support to help you build healthy sleep habits.

 The Sleep Charity
thesleepcharity.org.uk

 **0300 102 0893**
Mon – Fri, 9am – 5pm



AUTISM SUPPORT

Information, advice and guidance for young people with autism.

 The National Autistic Society
autism.org.uk

 **0808 800 4104**
Mon – Fri, 10am – 3pm



ADHD SUPPORT

Help and information for young people with ADHD.

 ADHD Foundation
adhdfoundation.org.uk

 **0300 666 0233**
Mon – Fri, 9:30am – 4pm



LGBTQ+ SUPPORT

Support and advice for LGBTQ+ young people.

 Just Like Us
justlikeus.org

 **020 7281 1220**
Mon – Fri, 9:30am – 5:30pm



YOUNG MINDS

Mental health support and advice for young people and parents.

 youngminds.org.uk

 **0808 802 5544**
Mon – Fri, 9:30am – 4pm
Parents Helpline



KOOTH

Free, safe and anonymous online mental wellbeing support.

 kooth.com

 Chat online with a counsellor, 7 days a week
12pm – 10pm



MIND

Information and support to help you look after your mind.

 mind.org.uk

 **0300 123 3393**
Mon – Fri, 9am – 6pm
(Except bank holidays)



CASY

Support for children and young people in Nottinghamshire.

 casy.org.uk

 **0115 771 5665**
Mon – Fri, 9am – 5pm
 info@casy.org.uk



CAMHS

CHILD & ADOLESCENT MENTAL HEALTH SERVICES

Support for children and young people with mental health difficulties.

 **0115 854 2299**

Referral through GP or Professional

 www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers



BE U NOTTS

Emotional health & wellbeing support for children and young people in Nottinghamshire.

 **0115 708 0008**

Mon – Fri, 8am – 8pm



TALK. SHARE. GET SUPPORT.

It's okay to ask for help.



TALK

Opening up is a brave first step.



SHARE

You don't have to face things alone.



SUPPORT

There are people who care and want to help.



HOPE

Things can and will get better.

For more information and support, scan here:



NEED HELP? Speak to a trusted adult.

Your Head of Year, a member of the Safeguarding Team or Student Services are here to listen and support you.

*You matter.
We are here for you.*





SAFEGUARDING

CONTACTS



	Local Authority Safeguarding Partner Lead (LADO)	Children in Education: Cheryl Stollery 0115 8041047 CP: Eva Callaghan or covering LADO 0115 8041272
	Multi-Agency Safeguarding Hub (MASH)	0300 500 8090 (Nottinghamshire) 0115 8764800 (Nottingham City)
	Emergency Duty Team (Children's Social Care)	0300 456 4546 (Nottinghamshire) 0115 8764800 (Nottingham City)
	PC Dan Clarke	101 ext 3102359 / 07970 183494
	Local Police Safeguarding Partner Lead (SEIO)	Schools and Early Intervention Officer: PC Karen Crane 079717828601



If you have a safeguarding concern,
please speak to a trusted adult.



SLEEP
SUPPORT & ADVICE

THE SLEEP CHARITY
01302 751416
info@thesleepcharity.org.uk
www.thesleepcharity.org.uk

TEEN SLEEP HUB
www.teensleephub.org.uk
Teen Support - This is part of The Sleep Charity above.

Good sleep supports good mental health.

MENTAL HEALTH
SUPPORT

CAMHS
Child & Adolescent Mental Health Services
0115 854 2299
www.nottinghamshirehealthcare.nhs.uk/camhs-parents-and-carers

NOTTALONE
Local mental health advice and support
www.nottalone.org.uk

BE U NOTTS
Emotional health & wellbeing support for young people
0115 708 0008
www.beusupport.co.uk

It's ok to not be ok. Talking helps.

SELF HARM
SUPPORT

HARMLESS
Support and advice around self-harm
0115 880 0280
www.harmless.org.uk
Monday – Friday
9:00am – 5:00pm

YOUNG MINDS
Information and support for young people
www.youngminds.org.uk

CHILD LINE
Support for children and young people
0800 11 11
www.childline.org.uk

You are important. You are not alone. Help is always there.

AUTISM
SUPPORT

NHS
www.nhs.uk/conditions/autism

AUTISM EAST MIDLANDS
www.autismeastmidlands.org.uk
01909 506678

NATIONAL AUTISTIC SOCIETY
www.autism.org.uk

AMBITIOUS ABOUT AUTISM
www.ambitiousaboutautism.org.uk

Everyone is different. Everyone belongs. Support is here.

ADHD
SUPPORT

NHS
www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd

ADHD FOUNDATION
www.adhdfoundation.org.uk

You're not alone. Understanding is the first step.

LGBTQ+
SUPPORT

GENDER IDENTITY SUPPORT FOR PARENT/CARERS
gids.nhs.uk

LGBT+ SERVICE NOTTINGHAMSHIRE
www.lgbtplusnotts.org.uk

Be proud of who you are. You are accepted. You are valued.



MENTAL HEALTH

CONTACTS



It's okay
to not be okay.
You matter.



CRISIS – GET HELP NOW

SAMARITANS

116 123

24/7 • Free • Confidential
Whatever you're going through, a Samaritan will face it with you.



PAPYRUS
prevention of young suicide

0800 068 4141

24/7 • Free • Confidential
HOPELINE247 for anyone under 35 experiencing thoughts of suicide.



0330 822 4100

Out of hours safe spaces for anyone in emotional distress or crisis.



**Nottinghamshire
Mental Health Helpline**

0808 196 3779

24/7 • Free • Confidential
Mental health support and advice.



SUICIDE PREVENTION SUPPORT



PAPYRUS
prevention of young suicide

0800 068 4141

24/7 • Free • Confidential
HOPELINE247 for anyone under 35 experiencing thoughts of suicide.



support | information | training | consultancy

0115 880 0280

Monday – Friday, 9am – 5pm
Support and advice around self-harm.



WORKING TOWARDS A BRIGHTER FUTURE

0115 880 0280

Monday – Friday, 9am – 5pm
Support for young people's mental health and wellbeing.



0800 58 58 58

5pm – Midnight, every day
A helpline for men who need to talk.



LOCAL SUPPORT



SUPPORT WHEN YOU NEED IT

0115 708 0008

Monday – Friday, 8am – 8pm
Free, confidential wellbeing support for young people.



vita
health group

Services across Nottinghamshire
Visit: vitahealthgroup.co.uk
for more information.



Online counselling for young people.
Visit: talkzone.org.uk



Supporting better mental health for everyone in Nottinghamshire.
Visit: nottinghamshiremind.org.uk



REMEMBER

*It's OK not to be OK.
Talking to someone
is the first step.*



TALK
It helps.



REACH OUT
We're here.



BE KIND
To yourself
and others.



KEEP SAFE
You matter.



YOU ARE NOT ALONE.
Help is always here.

If you are struggling or need someone to talk to, please reach out. You matter.

