



Noel-Baker Academy

A L.E.A.D. Academy

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Dear Parents and Carers,

At Noel-Baker Academy, we aim to promote positive mental health and wellbeing for our whole school community (children, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. This is even more important during this difficult time when many of us are finding ourselves having to isolate ourselves for an extended period of time.

Our role in school is to ensure that our community are able to manage times of change and stress and that you are aware of the help and support that is available.

With this in mind, I have included information that you may find useful when supporting your family and contact details for organisations that are able to offer guidance and support.

How you can support your child

- Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Try to keep up with regular routines. When schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.
- Connect with your friends and family members over the phone. Use video calls if possible to see the faces of your loved ones.

For more information on how to look after your mental health while self-isolating please visit :

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Support available

www.Kooth.com - Online counselling and well-being for young people

We are writing to inform you that Kooth.com is a free, safe and confidential way for young people to receive counselling, support and advice online. Recognising this, Kooth has been commissioned by NHS Derby & Derbyshire NHS Clinical Commissioning Group to provide support for young people aged 11-18, up to 25 for children living in care, who live within the Derby and Derbyshire area.

Kooth is accessible 24/7, 365 days of the year and provides access to quality counselling from accredited counselling professionals via a text based format from 12.00 pm to 10.00pm on weekdays, and 6.00pm-10.00pm on weekends, providing a much needed 'out of hours' service. Kooth is accessible from any device that can access the Internet, allowing young people to seek help and support at a time and location that is suitable for them.

In addition to the counselling, Kooth provides a fantastic, safe place for peer to peer support through forums where all contributions are moderated before being posted. Young people can also access the Magazine and Articles section where they can read approved content from individuals in similar situations to their own or even write their own articles.

www.Qwell.io - Online counselling and well-being for adults




Qwell provides online access to accredited counsellors for Parents or Carers who are caring for a young person under the age of 18. Like children and young people, adults too can find life tough and may also require some further support from time to time.

Qwell provides access to qualified counsellors via a text based format 365 days per year from 12.00 pm to 10.00 pm on weekdays, and 6.00 pm -10.00 pm on weekends and can be accessed from any device that can access the internet. This allows parents and carers to seek help and support at a time and location that is suitable for them. Qwell also provides access to online forums and a wide range of articles that can be accessed 24/7 365 days of the year.

NHS approved list of Apps for mental health support

These Apps are digital tools that have been assessed by the NHS to offer mental health support.

| APP Name | Cost | Target area | Suitability |
|-------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
|  | £0.99 | Designed to guide people through a panic attack or raised anxiety. The app uses a series of soothing coloured flashcards with messages designed to help you overcome a panic attack in a calm, gentle manner. | Anyone who suffers with anxiety attacks |
|  | Free | Calm Harm is a free app to help teenagers manage the urge to self-harm | Any age |
|  | Free | Learn how to manage feelings like anxiety, depression, anger and confusion using cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. | Any age |
|  | Free | Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind such as simple breathing techniques. | Children and adults |
|  | Free | Big White Wall is an online community for people who are stressed, anxious or feeling low. Support is given from trained professionals. | Over 16's |
|  | Free in some areas | ieso is an online course using instant messaging for people with mental health problems. The service puts you in touch with a therapist trained in cognitive behavioural therapy. | Suitable for all ages |
|  | Free | The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. | Teenagers |

| | | | |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
|  FearFighter | Free – In App purchases | 9 week course (50mins/ session) for people who struggle with phobias, panic or anxiety. | Suitable for adults |
|  Feeling Good: positive mindset | Free – In App purchases | Uses relaxation, CBT and resilience building techniques to improve positive feelings, self esteem and self- confidence 12- track Positive Mental Training . | Over 18's |
|  My Possible Self: The Mental Health App | Free with in-app purchases | Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Content from world-leading mental health experts Information has been proven to reduce stress, anxious feelings and low mood in 8 weeks. | Over 18's |

Other helplines and services

Childline

- www.childline.org.uk
- If you're under 19 you can confidentially call, email or chat online about any problem big or small
- Freephone 24/7 helpline: 0800 1111
- Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address.

Samaritans

- www.samaritans.org
- If you're in distress and need support, you can ring Samaritans for free at any time.
- Freephone (UK and Republic of Ireland): 116 123 (24 hours)

The Mix

- www.themix.org.uk
- If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service or get more information on the support services.
- Freephone: 0808 808 4994 (1pm - 11pm daily)

Women's Aid

- www.womensaid.org.uk
- If you think you may be experiencing domestic abuse and you identify as a woman, you can talk to Women's Aid for free and confidential support.
- email: helpline@womensaid.org.uk
- You can also chat to a support worker using their free instant messenger service, Mon-Fri (10.00 am-12pm).

Citizen's Advice

- www.citizensadvice.org.uk
- If you have money or work worries, Citizen's Advice can help
- Freephone: 03444 111 444 (Mon-Fri, 9am-5pm)
- Text service: 03444 111 445
- You can [talk to a debt adviser](#) online for free Mon-Fri, 8am-7pm
- For advice on anything else, you can [chat to an adviser online](#) for free Mon-Fri, 10am-4pm.

Staying physically active

Whilst you are at home, try to stay as active as possible. To help you with this, complete the Healthy at Home - Fitness Challenge. This is a 7-day challenge that you can do in the comfort of your own home. You can find more information on Go4schools within the tasks set by the PE department. Give it a go and see how much better you feel!

Contacting members of staff

If you are struggling and would like to speak to someone from school, all staff and pastoral leads can be contacted via email. If you have anything urgent you want to seek advice over or if you need the support of your pastoral lead urgently then you can call or text them via the contact number on the letter you have recently received from us, which can be found on our website.

Yours faithfully



Sarah Leach

Assistant Headteacher - Inclusion (SENCo)