

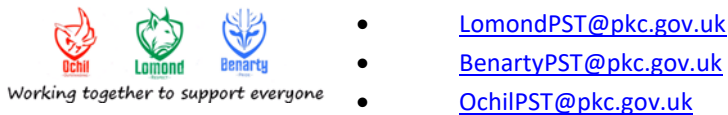


Wellbeing support for young people and families

Last Updated: 31st March 2020
By: S Macnab

Local Support

Kinross High School Pastoral Support – Pupil Support Teams will still be available through their house email account:



Community Link worker – Pat Doran is available for support for Primary pupils, Secondary pupils and parents. Pat will be able to offer emotional support, parental support, problem solving support, resilience support and so on:

- Mob 07825 680847
- PDoran@pkc.gov.uk

Youth workers – Barry Dougall and Gillian Shakleton from KYTHE are available for support for young people:

- Barry Dougall Mob 07954025144 barry@kythe.org.uk
- Gilliam Shakleton Mob 07724400644 gillian@kythe.org.uk

Cool2Talk – National and Local service, but the local services page includes lots of services offering local support. The main website offers support and FAQ to gain answers to:

- <https://cool2talk.org/>
- <https://cool2talk.org/services/>

National Support

Childline: 0800 1111 <https://www.childline.org.uk/>

- Info and advice
- 1-2-1 Counsellor
- Real life stories
- Message boards
- 'Ask Sam'
- Videos
- Tool box

childline

ONLINE,
ON THE PHONE,
ANYTIME
[childline.org.uk](https://www.childline.org.uk)
0800 1111

- Games
- Calm Zone
- App



Samaritans: 116 123 www.samaritans.org

- Support and information
- Phone support
- Email support
- Letter support
- Articles

SHOUT: Crisis text line 85258 <https://www.giveusashout.org/>

Texts are free on all major networks and this is a 24hr service. It's a place to go if you're struggling to cope and you need immediate help



There are so many websites and agencies that will support you through this time with support, tasks, advice, real life

stories, strategies and so on. Have a look at the different links below to explore what they have to offer and if they can help you to support yourself or to support others through this time:

Sleep Scotland – www.sleepscotland.org 0131 2581258
sleepsupport@sleepscotland.org

BEAT: Beat the UK's eating disorders -
<https://www.beateatingdisorders.org.uk/>



Heads together - <https://www.headstogether.org.uk/>



SAMH (Scottish Association for Mental Health) -

<https://www.samh.org.uk/>

Mind – For Better Mental Health -

<https://www.mind.org.uk/>

The Calm Zone - <https://www.thecalmzone.net/>

No Panic – Don't suffer alone, pick up the phone:

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

If you need to talk to children about coronavirus and supporting children who are worried:

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

For teenagers and adults
<https://www.bbc.co.uk/news/health-51873799>

For teenagers
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

From CALL Scotland for children and young people with communication difficulties
<https://practicalaac.org/practical/practical-resources-dealing-with-the-covid-19-pandemic/>

There are also apps that you can download on your phone that will help you promote positive mental health or help you through hard times:

- Headspace
- Calm
- Smiling Mind
- Daylio Journal
- Mindshift CBT
- WYSA: Mental Health Support
- Mood Balance – Daily Tracker
- Mindfulness
- Talklife
- Calm Harm



Stepping Up

Live

Our **specialist transition teams** are available remotely to support young people who have additional support needs, their families and teachers through this difficult time.

We offer:

- 1:1 advice and guidance
- Online training
- Support with Cover Letters, Cv's and Job Applications
- Support with applications to college or university
- Planning for life after school

To Book a Slot:

steppingup@enable.org.uk

Zoom MS Teams Phone



Our specialist teams are available on: