



# St Luke's One Minute Guide

## Wellbeing Support

### Our mission:

We are an ambitious and inclusive Church of England School, dedicated to ensuring all students live life to the full.

We recognise that sometimes we all need help and support. Being a parent or carer is hard and so is being a teenager. We want to do all we can to support all our St Luke's family. We can support in school with wellbeing drop-ins, mentoring, access to the school nurse, and Early Help, for example.

However, we have also found resources you may find helpful to access when we are not available or to supplement support we are offering. Key staff could be the safeguarding lead Bridget Sharratt [bridget.sharratt@stlukescofe.school](mailto:bridget.sharratt@stlukescofe.school) or the SENDCo Tamar Busby [tamar.busby@stlukescofe.school](mailto:tamar.busby@stlukescofe.school) .

If **urgent action** is needed and a child is in **immediate danger** you can **phone MASH**. Give as much information as you can. You can also call the police on 101. If you feel the child is at risk of significant harm you must call 999.

Telephone: 0345 155 1071 email [mashsecure@devon.gcsx.gov.uk](mailto:mashsecure@devon.gcsx.gov.uk) <https://www.dcfp.org.uk/keeping-childrensafe/multi-agency-safeguarding-hub-in-devon/>



HappyMaps is a charity developed by GPs and CAMHS professionals with help from parents and young people.

We've pooled what we think are some of the best mental health resources for parents and carers, and for young people and children, in one place.

<https://happymaps.co.uk/>



Since the pandemic, millions more young people are struggling to cope with their feelings. That is why we are on hand to help.

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

If you are a young person you can text YM to 85258 for free, 24/7 support.



Childline is here to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, our trained counsellors are here to support you.

<https://www.childline.org.uk/>  
TEL: 0800 1111 (anytime)



Provides free online support for young people delivered by qualified counsellors via chat-based services.

<https://www.kooth.com/>

(Weekdays 12:00-22:00 Weekends 18:00-22:00)



If you feel like you might attempt suicide, or may have seriously harmed yourself, you should get urgent medical help.

Please read our emergency advice. If you are in crisis right now and looking for ways to help yourself stay safe, our crisis coping tools can help. If you would like to speak to one of our team directly, please call our Infoline or Legal line. If none of these options feel right for you, you might find what you're looking for in our A-Z of mental health.

<https://www.mind.org.uk/need-urgent-help/using-this-tool>

Telephone: 0300 123 3393  
(Weekdays 9:00 – 17:00)



The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that we have. They offer a free & confidential helpline available 365 days a year via phone, email or webchat. They also have discussion boards and live chat.

<https://www.themix.org.uk/get-support> Telephone: 0808 808 4994 If you are in crisis and need to talk, text THEMIX to 85258



free • 24/7 • confidential  
**runaway  
helpline**

Runaway Helpline can help if you are thinking about running away, if you have already run away, or if you have been away and come back. You can also contact the Helpline if you are worried that someone else is going to run away or if they are being treated badly or abused. You can call or text, confidentially for free. Telephone: 116 000 (Any Time)

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
CALM**

CALM offer accredited, confidential and free support to men anywhere in the UK through a helpline and a webchat service. They will talk through any issue with you and offer support, advice and signposting. Calls won't show up on your phone bill and are free all phones. Telephone: 0800 58 58 58

<https://www.thecalmzone.net/ge>

**shout**  
**85258**

Shout Crisis Textline If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.



**balloons**

Recovery And Loss Looking Onwards

Balloons is a charity that provides support for children, young people and their families before an expected death, or following the death, of someone significant in their lives. We work across Exeter, Mid and East Devon, providing a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events.

<https://www.balloonscharity.co.uk/>

Telephone: 01392 826064



Support to Working to end Honour Based Abuse and Forced Marriage in the UK. We run the national Honour Based Abuse Helpline, train professionals, gather data to inform policies and services, and campaign for change.

<https://karmanirvana.org.uk>

UK Helpline: 0800 5999 247



Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.

<https://www.thinkuknow.co.uk/>

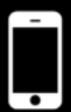
**MindShift® CBT** Is anxiety getting in the way of your life? MindShift® CBT use scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle: Worry, Panic, Perfectionism, Social Anxiety, Phobias

QUICK RELIEF When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope. \*COMMUNITY FORUM\* THOUGHT

JOURNAL \* COPING CARDS \* BELIEF EXPERIMENTS \* FACING FEARS \* EXPANDING YOUR COMFORT ZONE \* CHILL ZONE \* CHECK-IN \* HEALTHY HABITS \* GOAL SETTING

[HTTPS://WWW.ANXIETYPANADA.COM/RESOURCES/MINDSHIFT-CBT/](https://www.anxietycanada.com/resources/mindshift-cbt/)



Available on the  
**App Store**



GET IT ON  
**Google Play**