

Safeguarding Signposting

We all have days where things are tough, and we all go through different things at different times in our life. Knowing when to ask for help is a strength. You are not alone and we are here to listen.

Support in school comes in a variety of ways, but there's also many options outside of school, as detailed below.

Support In School

If you are concerned about your safety, or the safety of a friend or another student, talk to your tutor. They will be able to offer advice and guidance. We are here to help.

Miss Ayres, Mr Teixeira and Mr Robson look after the safety of every pupil in Reading School. You can contact them via email about any concerns. The safeguarding posters are in your tutor room.

Other support for personal issues include counselling. If you'd like to have a counselling session, or would just like to have an informal chat with him to find out what a session might be like, Ms. Pravda can arrange for you to talk to Steve, our counsellor, on the phone or via a Teams meeting in a private room in school during the school day.

The Auxillium is also a great place to pop into if you need someone to chat to and it's not an emergency. Our student support team always greet you with a smile and a friendly ear.

Useful Websites and Contacts

If you prefer to seek advice online or via telephone, the following are fantastic resources. Remember, there is always support from staff at school should you need it.

[The NHS](#) - the NHS website provides contact information for both physical & mental health

[Reading Mental Health Advice](#) - contains information, advice and support local to the Reading area

[No5](#) - Reading's young person's counselling centre, dedicated to providing free, confidential counselling and emotional support to anyone between the ages of 11-25. Contact by text 07984 357551 or Tel: 0118 9015668.

[Arc](#) - Wokingham's young person's counselling service contact them on Tel: 0118 9776710.

[Reading Relate](#) - can offer children and young people's counselling, as well as family counselling, for any young person who's having problems. Whether it's depression, mental health concerns, or issues with parents or people at school. Contact Tel: 0118 987 6161

[East-West Kids Connect](#) - offers a range of holistic preventative education services, which benefit the mental health and well-being of children, young people and families, through training in meditation and mindfulness techniques.

[SHaRON](#) - the Support Hope and Recovery Online Network is a secure and confidential online platform, moderated by clinical staff, to enable parents, carers and young people to support each other and get expert advice. Visit website for more details.

[Little Blue Book Of Sunshine](#) - the #littlebluebookofsunshine explains some of the things you can do right now to feel better, or who to turn to if things feel too much. This useful booklet and website have been produced by the NHS for school age young people.

[SupportU](#) - a Lesbian, Gay, Bisexual and Transgender (LGBTQ+) help and support service

[Young Minds](#) - provides support and advice regarding mental health, with a particular current focus around COVID-19 and self-isolation.

[Youth Access](#) - a platform to help you find the correct support for you, with a focus on Youth Information, Advice and Counselling Services (YIACS) in Reading.

[The Mix](#) - provides essential information and support for under-25's. Includes the opportunities for 1-2-1 chats and a crisis messenger. Contact 0808 808 4994.

[The Charlie Waller Memorial Trust](#) - a charity offering advice and support for recognising signs of and dealing with depression.

[Kooth](#) - free, safe and anonymous online support for young people. Includes options to talk to a counsellor, discuss experiences in forums and read articles written by young people.

[Papyrus](#) - a website and helpline aiming to prevent young suicide through their three aims of: support, equip and influence. Contact the helpline on: 0800 068 41 41

[Looking After Yourself](#) includes a series of information sheets and worksheets surrounding many different areas of mental health, including: depression, perfectionism, self-esteem and sleep.

[Talking Therapies- Wellbeing for Parents](#) - help for adults aged 17+ living in Berkshire, advisors and therapists that can help to overcome life's difficulties and problems and manage them better.

More Emergency Helplines

[Childline](#) - offers 24 hour online or phone support for bullying, relationships and problems at home or school. Contact 0800 1111

[Samaritans](#) - offering free 24 hour support by email, by phone or by letter. Contact 116 123.

[Give Us A Shout](#) - a platform to help deal with an urgent issue/crisis such as suicidal thoughts, abuse and self-harm. Text SHOUT to 85258.

Wellbeing Apps

[CALM](#) App for Mindfulness and Meditation. (Available on iOS, Android & Web)

Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

Stress Check by Azumio

This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

[Happify](#)

The Happify app is a way to make a game of all the positive psychology tricks you know might work, but make you feel kind of silly when you actually do them. You'll start by taking a quick test that assesses the areas of happiness you should work on. Then, you're presented with a few "tracks" that can help get you to your goals. (Available on iOS and Android)

[SAMAPP: APPS FOR ANXIETY](#)

SAM is an application to help you understand and manage anxiety. (Available on iOS and Android)

[PACIFICA](#)

Daily tools for stress, anxiety, and depression alongside a supportive community. Based on cognitive behavioural therapy & mindfulness meditation. (Available on iOS, Android & Web)

[Thrive: Feel Stress Free](#)

When you log in it gives you different tips to help you relieve stress/anxiety. There are tabs for meditation, deep relaxation, self-hypnosis, and more. (Available on iOS and Android)

BASE

An app designed to help manage stress and anxiety. By learning more about how and why we experience anxiety at different times and in different situations we can be less fearful. (Available on Android)

[Smiling Mind](#)

Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations. (Available on iOS and Android)

Wysa Happiness Chabot

Wysa helps to build emotional resilience by talking to you about your situation. Over 60 psychologists and 10,000 users have provided specific inputs to shape how Wysa helps them. (Available on iOS and Android)

I love Hue

When you feel like you have no control, this app can help sooth you by creating simple visual harmonies from mosaic tiles. (Available on iOS and Android)

[Anxious Minds](#)

Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression. (Available on Android)

[Worry Watch](#)

This journaling tool has a simple user interface where users can log instances of worry, fear, and anxiety. They can also add the outcome of each situation, which provides a comparison between expectation and reality that helps reduce anxiety over time. (Available on iOS)

[What's Up? Anxiety App](#)

This app uses CBT and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more. (Available on iOS and Android)

[WELLMIND](#)

WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. (Available on iOS and Android)

[Cove](#)

Free, personal music journal to help you with your emotional and mental health. Trusted by the NHS. (Available on iOS)

[Reflectly](#)

A personal journal and diary driven by AI to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of well-being. (Available on iOS and Android)

[Happy not perfect](#)

Backed by science, designed for you, Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way. (Available on iOS and Android)