



Better Balance Education

www.betterbalanceeducation.co.uk

Support Directory

Version 3

April 2024

Introduction

This is the third update of the support directory. Thank you for all the feedback and suggestions for this edition, it is really good to know that people are finding it useful. We aim to publish the next update in October 2024, so, if you have any suggestions for that one, please let one of us know.

When constructing the guide, we wanted to make the information it contained easily accessible, helpful and easily searchable. Where relevant, all entries contain links to the organisation's website, as well as particularly useful sections, for example, resources. The apps are available through the Apple store or Google play and the podcasts are available on most platforms.

We have categorised each entry with a simple code that you will usually find at the top right hand corner of the page. This is designed to show the particular area of relevance of the particular organisation.

As usual, we must point out that we are not medical professionals but educators. Likewise, the resources contained herein are designed to support your work as educators. It is incumbent on all of us to do everything we can to safeguard pupils and staff and to encourage young people, families and the teams that we work with to seek professional help where necessary.

Some of the services offer a crisis line, but do not take the place of the emergency services.






All feedback, good, bad or indifferent gratefully received!

All the best,

Kevin

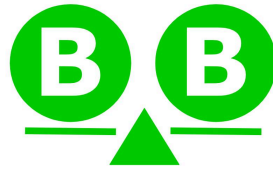
Version 3 updates: QR Codes for all web based services, much expanded Norfolk section, additional national resources.

Key to Codes Used:

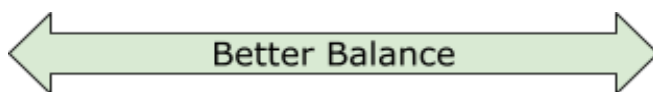
	Young Person. This means that the work of the charity or organisation is aimed particularly at young people and may be suitable to signpost to some secondary pupils.
	Adult. This means that the resource will contain useful information that you can signpost an adult in your school or a parent/carer to in order to find out more information or look for support.
	Staff. This means that the resource is particularly relevant to school staff.
	Crisis Service. This means that the organisation offers a form of crisis service. This may take the form of a phonenumber or text service. Of course, none of these take the place of NHS emergency services, but may be able to offer a timely support intervention.
	Caution Specialist, use with care.

!!! In an emergency, dial 999 !!!

Guide is for information only and is aimed at signposting services and support



The Mental Health Continuum



Adapted from: Watson, P., Gist, R., Taylor, V., Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

16 Personalities



Name	16 Personalities
Website	16personalities.com
Specialism	Understanding Others, Personality, team building

About

16 personalities offer a free online personality test based on truthfully answering 100 questions (it doesn't take as long as it sounds.) You then receive a tailored and detailed report based on the results. It has often been described by those that take the test as 'freakishly accurate.'

I have found this particularly useful when working with others as it really helps you to understand what motivates people and what they find important. This in turn, helps to manage and get the very best out of yourself and each other.

There is a paid tier, but the free test is comprehensive enough for most people. You will be placed into one of 16 broad personality types, but it is subtle enough to tailor these to your responses. There is an excellent section on the **theory** behind the work [here](#).

Obviously, using the test with staff relies very much on an honest and open approach. You will probably need to reveal your own results!

You can see the personality types over the page.

Analysts

Intuitive (**N**) and Thinking (**T**) personality types, known for their rationality, impartiality, and intellectual excellence.

Architect
INTJ

Logician
INTP

Commander
ENTJ

Debater
ENTP

Diplomats

Intuitive (**N**) and Feeling (**F**) personality types, known for their empathy, diplomatic skills, and passionate idealism.

Advocate
INFJ

Mediator
INFP

Protagonist
ENFJ

Campaigner
ENFP

Sentinels

Observant (**S**) and Judging (**J**) personality types, known for their practicality and focus on order, security, and stability.

Logistician
ISTJ

Defender
ISFJ

Executive
ESTJ

Consul
ESFJ

Explorers

Observant (**S**) and Prospecting (**P**) personality types, known for their spontaneity, ingenuity, and flexibility.

Virtuoso
ISTP

Adventurer
ISFP

Entrepreneur
ESTP

Entertainer
ESFP

AccessABLE



Name	AccessABLE
Website	accessable.co.uk
Specialism	Accessible places

About

AccessABLE (formerly DisabledGO) are a company who produce extremely detailed guides about accessibility in order to take the chance out of going out. They have a very good understanding that everyone's accessibility needs are different, so they pride themselves on accurate information, designed to take the stress and anxiety out of going out.

Their [website](https://www.accessable.co.uk) contains a highly intuitive search function and they also have apps available for [apple](https://www.apple.com) and on [google play](https://www.google.com), just search for accessable.

There is a comprehensive guide to the 33 symbols that they use [here](#).



Action for Happiness



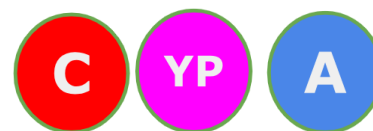
Name	Action for Happiness
Website	https://actionforhappiness.org/
Specialism	Action for a happier and kinder world

About

Action for Happiness says that its mission is to create a happier world with a culture that prioritises happiness and kindness. The charity, founded in 2010 boasts the Dalai Lama as its patron. You can sign up to the happiness charter, meaning you'll get the happiness calendar sent to your inbox each month and you can also sign up for '10 days of happiness', a program designed to get the wellbeing ball rolling. I particularly like the fact that it is light touch, so whilst it is definitely not designed for crisis, it could be used proactively as a small step for change.

There is also a keys to happier living toolkit for schools (costing £80 per year) particularly aimed at primary schools.

Anna Freud



Name	Anna Freud
Website	annafreud.org
Specialism	Young people's mental health

About

By working in collaboration with young people, communities and professionals, Anna Freud aims to support as many young people as possible by planning and delivering small scale projects and then scaling them up and rolling them out more widely. They say that their approach is based on Research, Evidence, Solutions, Training, Partnership and Collaboration. They offer a wide variety of [clinical support and services](#) which can be accessed privately. They **do not offer an emergency service**. They do however offer a crisis text message service and an impressive bank of [resources for schools](#).

!!! AFC Crisis Messenger !!!

Text	AFC to 85258. (Manned by volunteers 24/7)
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Beat Eating Disorders



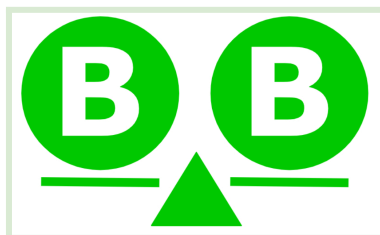
Name	BEAT
Website	beateatingdisorders.org.uk
Specialism	Eating Disorders

About

BEAT is the specialist eating disorders charity. It was founded in 1989 as the eating disorders association. The charity's mission is to end the pain and suffering caused by eating disorders. Currently there are approximately 1.25 million people in the UK suffering from eating disorders of all ages, genders and backgrounds. There are many eating disorders (details of which can be found on the website) but one, Anorexia, has the highest mortality rate of any diagnosed mental illness. They have a helpline available (limited hours) and have a very useful website section on [what to expect](#). The website (which has been updated, Spring 2024) also contains some excellent [downloadable resources](#).

!!! Help !!!	
Phone	0808 801 0677 365 days a year, 1pm-9pm weekdays 5pm-9pm weekends & bank holidays
email	help@beateatingdisorders.org.uk
Helpfinder	This is a useful service for finding tailored help in the local area click here

Better Balance Education



Name	Better Balance Education
Website	www.betterbalanceeducation.co.uk
Specialism	Supporting the mental health and wellbeing of school staff.

About

Better Balance Education was founded in 2022 by a former headteacher. It's sole aim is to support the mental health and wellbeing of school staff, especially those with significant responsibilities. Notable services it offers include coaching and mentoring for school leaders, supervision for DSLs, wellbeing support including running teams and conducting bespoke and detailed staff surveys and staff wellbeing cpd. Whilst not a crisis line, it also offers phone and email support for service users.

!!! Contact Details !!!

Phone	07704 667 999
email	kevin@betterbalanceeducation.co.uk
Website	www.betterbalanceeducation.co.uk



Childline



Name	Childline
Website	Childline.org.uk (main website) Under 12's version (more suitable for primary)
Specialism	Helps under 19s with anything they are going through.

About

Childline is probably the most well known of children's charities. It was set up by Esther Rantzen, but is now run by the NSPCC. Apart from the helpline, it has an excellent website, which contains a comprehensive [information and advice](#) section. Children will need to [set up an account](#) to access some of the features of the website. This is worthwhile as it means that the children will have access to a 1-2-1 counsellor, as well as having their own locker where they can personalise their profile, save items and use message boards. The phonenumber is available to all. The [toolbox](#) section contains a wide variety of support resources. There is a [special under 12's version](#) of the website available also.

!!! Contact !!!	
Phone	0800 1111 (24/7)
email	Sign up to access
Write (online)	Write to Sam



Education Support



Name	Education Support
Website	educationsupport.org.uk
Specialism	Supporting school staff

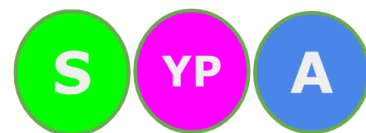
About

Education Support is the only UK charity dedicated to supporting the mental health and wellbeing of school staff and teachers. There is a 24 hour support line available to all school staff, past or present. There is a comprehensive [resources](#) section on the website which you can access free of charge. There is a paid tier, The [Employee Assistance Programme](#), which offers a more comprehensive suite of services. Some financial support grants are also available for individuals, details of which can be accessed [here](#).

!!! Support Line (24hr) !!!

Phone	08000 562 561
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FRANK



Name	FRANK
Website	talktofrank.com
Specialism	Drugs awareness and advice for adults and young people.

About

FRANK is the national anti drug and advisory service established by The Department of Health and Home Office in 2003. The FRANK website contains information about drugs, including a [comprehensive A-Z](#), which can be very useful in keeping up with common names for drugs, as well as understanding what they are and what they do. It also contains information and advice about [how to deal with the peer pressure](#) to take drugs, as well as what to do if you are concerned about a [child](#) or a [friend](#). There is also a [local counselling and treatment finder](#).

!!! Confidential Support & Advice !!!

Phone	0300 123 6600 (24/7)
email	frank@talktofrank.com
Text	Text a question to 82111
Live chat	Via website 2-6pm (7 days a week)

Kooth



Name	Kooth
Website	www.kooth.com
Specialism	Anonymous mental wellbeing support for young people.

About

Kooth was founded in 2004. It is a confidential advice and support platform for young people and has been used and recommended by professionals in other Better Balance Schools. It gives children and young people immediate access to an online community of peers and counsellors. It is used by the majority of CCGs in the UK. Young people need to sign up and this gives them access to a wide range of services, including an online magazine, forums, a messaging system to qualified counsellors and live chat sessions. It is a free service and there is no waiting list.

Parents will undoubtedly have questions if their child is recommended to kooth. They can email Kooth at parents@kooth.com or access the [parents faqs](#) section of the website.

You can find the resource hub for teachers [here](#). It contains a wealth of really useful tools, including mental wellbeing activity sheets for RSHE lessons. I've added a couple of examples over the page.

!!! Contact Details !!!

Web based support	Staffed 12pm to 10pm weekdays, 6pm - 10pm weekends and holidays.
Website	www.kooth.com

1. Not alone

Not to be confused with 'normalising' too quickly, do remind the young person that they're not alone - just hearing this can be powerful and you can do this without minimising their experiences.



2. Here to help

Let the young person know that first and foremost you're here to help them and try to create an environment where there is space for them to talk or express how they are feeling.



3. No pressure

Shifting early questions away from 'what's wrong' to 'what's happened' can be a really useful way of helping young people to tell you about themselves without feeling pressured to respond to a certain question - asking 'what's wrong' typically leads to a 'don't know' response.



4. Hear me out

Try not to jump too quickly to solutions/advice giving' linked to 'Not Alone' it can actually be more helpful to spend time in the early stages focusing on the 'problems' - not only does this help young people feel heard; they often start to naturally talk about some of the solutions themselves and that sense of self discovery is important.



5. Open-ended

Asking more open-ended questions generally encourages meaningful conversation whereas questions with yes/no answers (whilst sometimes necessary) can shut young people down in the early stages.



kooth_uk



koothUK

Scan me



Kooth Activity Sheet



ENERGY LEVEL:
Energetic



NO. OF PEOPLE:
10+



ESTIMATED TIME:
30mins

Human bingo

ACTIVITY OBJECTIVE:

To help young people become more self-aware of their fears and be able to talk about ways to manage them.

MATERIALS REQUIRED:

1. Paper or post-it notes
2. Pens/pencils

INSTRUCTIONS:

1. Hand out a piece of paper or a post-it note to each young person.
2. Ask each person to think of 3 fears people might have and write them down on the paper (i.e. fear of heights, spiders, small spaces, exams, or public speaking).
3. Give young people 5 minutes to walk around the room and ask each other if they have any of the fears written on their paper. If they do, they can be crossed off the list.
4. Once all 3 fears are crossed off, they can shout 'Bingo' and they win the game.
5. After a few rounds, ask young people to pair of with someone who has a same, or similar fear to them. Give them 10 minutes to talk about how they could overcome or manage their fear.
6. To conclude, allow people to share the ideas they came up with.

You could also pose some discussion questions: What are some coping strategies? Are there any coping strategies that are most popular across the group? Did anyone find a new coping strategy that they have heard and will use in the future?



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.

MIND



Name	MIND
Website (National)	mind.org.uk
Website (Local)	norfolkandwaveneymind.org.uk
Specialism	Mental Health support and awareness

About

MIND are a charity that fights for mental health awareness and offers support. It does not provide the same crisis support as The Samaritans but it's website is full of excellent resources to raise awareness and offer direct support to people. You can access direct online peer support and can also find a directory for local services. Support includes information & advice, legal rights and an area for young people.

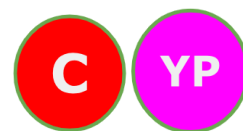
Local MIND:

[Norfolk & Waveney MIND](#)

!!! Contact Details !!!

Infoline	0300 123 3392 (9am - 6pm, Mon-Fri)
Local email	rictriage@norfolkandwaveneymind.org.uk
Website	Mind.org.uk norfolkandwaveneymind.org.uk
Local service	Local MIND Finder

Papyrus



Name	Papyrus
Website	Papyrus-uk.org
Specialism	Prevention of Young Suicide

About

Papyrus Prevention of Young Suicide is a UK charity dedicated to the prevention of suicide and the promotion of mental health and emotional wellbeing in young people. It aims to reduce suicide in young people by shattering stigma and equipping people with the skills to recognise and respond to emotional distress. They have a 24 hour helpline (Hopeline247) and their [website](http://Papyrus-uk.org) is packed with resources and advice for young people, professionals and parents. This includes what to do if you're worried, parents guides, disclosure of suicidal thoughts and what to do if you're feeling suicidal. It provides a service called HOPELINK, which callers to Hopeline247 can set up. It is entirely confidential and is a suicide safety plan. Papyrus also produce a number of very useful help and advice **resources** which you can find [here](#).

!!! Hopeline247 !!!	
Phone	0800 068 41 41
email	pat@papyrus.org.uk
Text	07860 039 967

Samaritans



Name	Samaritans
Website	samaritans.org
Specialism	Suicide prevention

About

Samaritans are probably the best known of all charities that work towards suicide prevention. They can be contacted in numerous ways and their website also contains a whole host of resources, including some excellent ones for schools, which can be found [here](#). They operate a 24/7 crisis phone line.

!!! Contact Information !!!

Phone	116 123 (24/7 crisis line)
email	jo@samaritans.org (reply may take time)
In-person	branchfinder
Letter	Freepost SAMARITANS LETTERS
Self-help tool	selfhelp.samaritans.org

Self Injury Support



Name	Self Injury Support
Website	selfinjurysupport.org.uk
Specialism	Improving knowledge and support around self injury

About

Self Injury Support offer support for women and girls and education and resources for all. They aim to offer safe spaces to listen and not be judgmental. Amongst the resources they offer are experience-led tools and information that many people find it uncomfortable to talk about.

All available resources are available by the services bar on the [homepage](#) of the website.

They offer training and consultancy and a number of support services. Some of these were temporarily closed in Autumn 2023, but new funding was secured in February 2024 and the **phone and text services are now open again.**

!!! Contact Information !!!

Phone	0808 800 8088
Webchat	Temporarily closed
Text	07537 432 444



Shout



Name	SHOUT
Website	giveusashout.org
Specialism	Supporting the mental health of young people

About

Shout (part of [mental health innovations](http://mentalhealthinnovations.org)) provide mental health support largely but not solely targeted at young people. One of the key services that they provide is a 24/7 confidential and FREE text support service (Text SHOUT to 85258).

One of the very strong aspects of the SHOUT website is the resource and links section. It's very comprehensive and can be found [here](#).

!!! Text 'SHOUT' to 85258 !!!

Teacher Hug Radio



Name	Teacher Hug Radio
Website	https://www.teacherhug.com/
Specialism	Online Radio station for the education community

About

Teacher Hug Radio is an online radio station aimed at the education community. It includes contributors such as **Hywel Roberts, Paul Dix, Shuaib Khan and Dr Pam Jarvis** and covers an incredibly diverse range of subjects in the audio library. They are fully inclusive and state some of their aims as being "Positive disruption, positive innovation and positive voices."



Teaching Staff Trust



Name	Teaching Staff Trust
Website	teachingstafftrust.org.uk
Specialism	Financial support for school staff

About

The Teaching Staff Trust is a small charity that offers hardship grants to those who work in schools in periods of financial distress. You need to have worked in a school for at least five years. They approve 9 out of 10 applications, but the support is aimed to be for circumstances that could not have been expected and their support is not intended to pay off pre-existing debts.

!!! Contact Details !!!

Phone	01322 293 822
email	enquiries@teachingstafftrust.org.uk

The Curly Hair Project



the **curly** hair project

Name	The Curly Hair Project
Website	thegirlwiththecurlyhair.co.uk
Specialism	Support for people on the Autistic spectrum and the people around them

About

The Curly Hair Project is a social enterprise focused on helping people on the autistic spectrum and those around them set up by author Alis Rowe. The website is comprehensive and uses animation, comic strips, stories and diagrams but please bear in mind it operates a **subscription** model. A family can join for £57.97 per year, or an organisation for £300.

Young Carers in Schools



Name	Young Carers in Schools
Website	youngcarersinschools.com
Specialism	Supporting young carers

About

Young Carers in Schools is run jointly by the [Carers Trust](#) and [The Childrens Society](#), highlighting an often neglected vulnerable group. Their aims are to support young carers and attending and enjoying school, to enable schools to identify young carers and to help to create a fully accessible school culture.

On the website, there is a [10 step guide](#) to creating a young carers strategy, a young carers [award programme](#) and a selection of useful [resources](#) for schools.

!!! Contact Details !!!

carers.org	0300 772 9600
Childrens society	0300 303 7000
Website	youngcarersinschools.com

Young Minds



Name	Young Minds
Website	youngminds.org.uk
Specialism	Mental health support for young people.

About

Young Minds are one of the leading charities in the UK who work to support children and young people's mental health. Their stated purpose is to stop young people's mental health reaching crisis point.

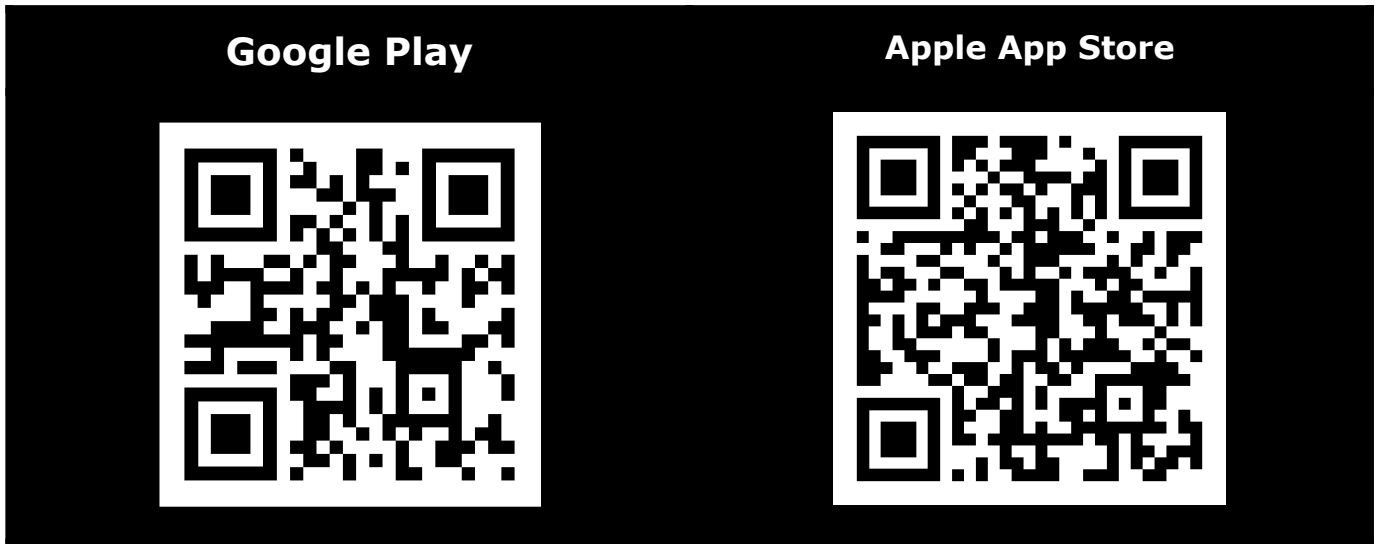
The website promotes [SHOUT](#) and also has a number of very useful resources, including an [a-z guide for parents](#), a resource bank for [schools](#) and a guide on diagnosed [mental health conditions](#) aimed at young people.







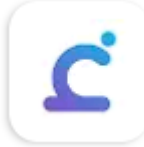

Young Minds is not a crisis service.

Parents Helpline (Not a crisis service)	
Phone	0808 802 5544 (not for young people)
webchat	Parents web chat (yellow icon in corner of page)

Apps





There are many apps available that may be useful. Here are just a few. Unless otherwise indicated, all apps are available on **Google Play** and the **Apple App Store**.



	<p>Amaru the self-care pet. Supports mindful self-care habits through looking after a virtual pet and being rewarded for self-care. Has had positive feedback with regard to exam anxiety. Free (basic) with in-app purchases.</p>	
	<p>Bright Sky Bright Sky provides support and information for anyone who may be in an abusive relationship or those concerned about someone they know. Free</p>	
	<p>Calm Comprehensive sleep app, including mindfulness, meditation techniques, stories and meditative music. Free (basic) with in-app purchases</p>	
	<p>Calm Harm Specialist app that helps to avoid the risk to self-harm. Helps to identify and manage emotions in specific circumstances. Has won awards. Free.</p>	

	<p>DistrACT Easy, quick and discreet access to support services for self-harm and suicidal thoughts. Free</p>	
	<p>Happy Place This is part of Fearne Cotton's Happy Place approach, which includes podcasts, web based resources and the app. First month free then £49.99 a year or £4.99 per month.</p>	
	<p>Headspace Mindfulness and meditation, hundreds of resources. Free (basic) with in-app purchases</p>	 
	<p>Mindshift CBT and evidence based self help app for anxiety that works through in actionable steps. Suitable for teenagers and young adults. Free</p>	
	<p>Smiling Mind A superb app that starts by focusing on mindfulness, but then links to much more. Originally an Australia based app, it is available worldwide and is run as a not-for-profit organisation. Has resources specific to children, youth and adults. Teachers can sign up and use it in class. Free</p>	 
	<p>Tappy Self-care fidgeting app, designed to quickly reduce anxiety and stress. Free (basic) with in-app purchases</p>	

Podcasts

 The cover for the 'Disordered' podcast features two men, Joshua Fletcher and Drew Limbada, against a yellow background. The text 'DISORDERED' is in large, bold, black letters, with 'ANXIETY HELP' in smaller letters below it.	<p><u>Disordered</u> A podcast series that focuses on anxiety and anxiety recovery.</p>
 The cover for 'Let's Talk: Mental Health' has a pink and white color scheme. It features the text 'LET'S TALK: MENTAL HEALTH' in a stylized font, with small icons of people's faces at the bottom.	<p><u>Lets Talk: Mental Health</u> Hosted by The Mental Health Foundation and with four series of podcasts to choose from, this is an excellent resource.</p>
 The cover for 'Mental Health UK podcast' is blue and white. It features the text 'Mental Health UK podcast' in white on a blue background.	<p><u>Mental Health UK Podcast</u> A series of podcasts from Mental Health uk, including Money on Your Mind and 5 Ways to Wellbeing.</p>
 The cover for 'The SENDcast' is teal and black. It features a microphone icon with a person's silhouette inside, and the text 'SENDcast PODCAST' below it.	<p><u>The SENDcast</u> A one stop shop for all matters SEND, hosted by Dale Pickles. There are over 160 episodes available on a very wide variety of subjects. Suitable for both staff and parents.</p>



Carers Matter Norfolk



Name	Carers Matter Norfolk
Website	https://carersmatternorfolk.org.uk/
Specialism	Support for unpaid carers

About

When we think of carers, we often tend to think about looking after somebody who is ill or has a disability, but carers cover more than this. In their own words:

"Are you looking after a friend or family member who due to illness, disability, Mental Health or addiction, can't manage without your support? If so, you are one of 100 000 unpaid carers living in Norfolk."

Their offer is very wide-ranging, from information to an advice line, community support, carers breaks, education and training and help with young carers. Areas of additional guidance include debt, fuel costs, grants, health costs, welfare benefits, support with navigating the law, accessing your rights and supporting your wellbeing. Carers can also sign up to receive a regular free email letter with relevant updates.

!!! Contact Details !!!

Phone	0800 083 1148 (Mon-Fri 9 - 5)
email	info@carersmatternorfolk.org.uk

Home-Start Norfolk



Name	Home-Start Norfolk
Website	https://homestartnorfolk.org/
Specialism	Early Years Confidential Support for Parents & Carers, Baby Massage Classes

About

Home-Start Norfolk offer confidential support to parents of children from birth to the age of 5. Parents can self-refer or anyone can make a referral with the family's prior permission. Perinatal mental health, post-natal illness, disability, isolation, the demands of parenting young children and multiple births are some of the key areas that they offer practical guidance. They also offer free face to face and virtual **baby massage** classes. These have many benefits for both mother and baby, including helping baby feel more secure and attached, developing mother and baby bond, reducing crying and emotional distress and relieving wind, colic and constipation in baby.

!!! Contact Details !!!

Phone	01603 977040
email	admin@homestartnorfolk.org

Just One Norfolk



Name	Just One Norfolk (Children's and Young People's Health Services)
Website	www.justonenorfolk.nhs.uk
Specialism	NHS Norfolk and Waveney information & mental health guidance and support in one place.

About

Just One Norfolk is a one stop shop for NHS mental Health and wellbeing support and information for parents and carers. It is run by Cambridgeshire Community Services NHS Trust, commissioned by Norfolk County Council. It is a particularly useful resource to signpost for parents looking for advice or support for their child. Parents and professionals can sign up for their own account [here](#).

Resources and information are grouped as: Pregnancy & Early Days, Childhood Illnesses, Staying Safe, Child Development & Additional Needs, Speech & Language, Healthy Lifestyles, Emotional Health & School Life.

!!! Contact Details !!! Opening Times: Mon -Fri 8am - 6pm, Sat: 9am - 1pm	
Phone	0300 300 0123
Parentline Text Service	07520 631 590
Website	justonenorfolk.nhs.uk

Some of the additional services that are included in Children and Young People's Health Services are included over the page.

Chat Health Norfolk

This is aimed at anyone between the ages of 11 and 19. The confidential messaging service is staffed Monday-Friday 9am to 5pm



Children's Young People's Health Services

NHS

ChatHealth Norfolk

CONFIDENTIAL SUPPORT

For Young People 11-19

Struggling to cope with anxiety and concerns about the current situation?

Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!

TEXT: 07480 635 060

You can access the section of the website [here](#).

Understanding Your Child-The Solihull Approach

This is a free online learning course for parents, again accessed through the website. It's a little tricky to find, so it can be accessed [here](#). The code needed to sign up is **JON70**.

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

NIDAS Norfolk



Name	NIDAS Norfolk (Norfolk Integrated Domestic Abuse Service)
Website	www.nidasnorfolk.co.uk
Specialism	All forms of domestic abuse

About

Nidas is a dedicated support network for people experiencing domestic abuse in Norfolk for those assessed to be at medium or high risk of harm. It offers support on domestic abuse, coercive control, stalking and harrassment, financial abuse, sexual abuse and emotional, psychological and physical abuse. NIDAS is part of a countrywide partnership commissioned and shaped by key council and Police partners.

Note: The service is not 24 hours (see below) but the **Refuge 24 hour helpline** is always there:

0808 2000 247

!!! Contact Details !!!

Phone	0300 561 0555 (9 - 6.30 weekdays, 9 - 3 weekends)
email	referrals@nidasnorfolk.co.uk
Text Service	07860 063464
Website	www.nidasnorfolk.co.uk



Name	Time Norfolk
Website	https://www.timenorfolk.org.uk/
Specialism	Pregnancy Loss

About

Time Norfolk provides wellbeing support to anyone in Norfolk and Waveney who experiences mental health challenges due to pregnancy loss at any stage, baby loss or pregnancy choices no matter how long ago this occurred. They also offer support to women who are struggling with being pregnant after a loss or a traumatic birth. They have bases in Norwich and Great Yarmouth.

You can self-refer. A link for that is [here](#). It is important to note that this service may take 3-4 weeks before contact is made.

!!! Contact Details !!!

Phone	01603 927487
email	info@timenorfolk.org.uk

What'SUP



Name	What'SUP (Men's paddle community)
Website	Part of www.norfolkpaddleboards.com
Specialism	Paddleboarding community, supporting men's mental health.

About

What'SUP is a group that is part of Norfolk Paddle Boarders, a small company that specialises in getting active on the river in a safe and supported environment. Whilst they offer paddle boarding for all, the What'SUP group has been recommended as a group that can be particularly effective in supporting men's mental health. In their own words *"come and be relatable on an inflatable, with a load of other men. Chat, listen, paddle, have a beer..."*

Sessions cost £5 or £15 if you need to hire a board. Details can be found [here](#).

Our Mantra.....

Support Educate Empower

We believe that.....

The most precious people in any school are the children.

The most important resource in any school are the staff, because not only do they educate, they are role models, they nurture, build relationships, empower, inspire and safeguard the children. Therefore, they need to be looked after.

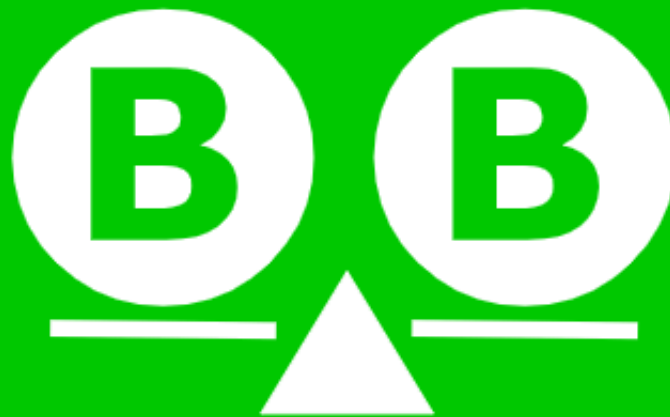
Supporting the Mental Health and wellbeing of the staff is vital, which means wellbeing needs to be understood and have a sustainable foundation.

Taking steps to build a viable culture of wellbeing is key. This needs to be for all staff, whether you are a cleaner, the head or have any other role.

One very small but very viable step is to have this directory available to all staff as both a handy go-to guide to support their work and the people that they work with. It is also as something which can help them both professionally and personally.



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CALM
AND
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