



Us Plus

# Mental Health and Wellbeing Bulletin 12

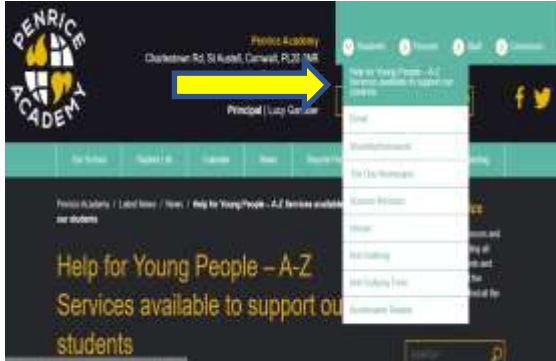
Good morning everyone,

*I hope everyone is keeping healthy and looking after each other. This is a really unusual time – I've been teaching for very many years and this is the first time that schools have had to close for an extended period! This does mean that many of us will feel 'out of sorts, sad, angry, frustrated and many other emotions. Today's bulletin is a reminder of where to find help if you need to.*

Mrs Taylor.

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If you go to the Academy website ([penriceacademy.org.uk](http://penriceacademy.org.uk)) and click on students and then click on the Help for young people link you will be taken to a further link that will then take you to pages full of contacts for organisations and websites that may be of help at this time:



This is the image on the page at the start of the pages of useful contacts:



You will then see pages of information like this:

### Health, Wellbeing & Relationships

- A Guide to Health & Wellbeing for 12+ [www.livewellplus.livewellsouthwest.co.uk](http://www.livewellplus.livewellsouthwest.co.uk)
- <http://livewellplus.livewellsouthwest.co.uk/docs/libraries/livewell12-19.pdf>
- Living Well – Australian male focused site but lots of good info – [www.livingwell.org.au/well-being](http://www.livingwell.org.au/well-being)
- LIR – issues around sex, relationships, teenage parenthood, pregnancy, lifestyles, choices, peer pressure, alcohol, drugs – [www.lir-online.co.uk/v1/index.php](http://www.lir-online.co.uk/v1/index.php)
- My Hidden Chimp: The new book from the author of The Chimp Paradox by Professor Steven Peters – managing your impulsive and irrational behaviours.
- Relate – 03333 202293 (Truro) 03333 202293 (Hayle) – 11-25 years – [www.relate.org.uk/relationship-help/talk-someone](http://www.relate.org.uk/relationship-help/talk-someone) / [www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling](http://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling)
- Savvy Kermow [www.savvykermow.org.uk](http://www.savvykermow.org.uk)
- Think about your life tools – [www.thinkaboutyourlife.org/tools](http://www.thinkaboutyourlife.org/tools)
- The Mix – Essential support for under 25 years old – [www.themix.org.uk](http://www.themix.org.uk)
- White Gold Cornwall – 01299 219185 – [www.whitegoldcornwall.co.uk/services](http://www.whitegoldcornwall.co.uk/services)
- 'WOODP' app – [www.woodpmife.org/app](http://www.woodpmife.org/app)
- YRspace – 5-19 years old – age specific topics – [www.devon-cornwall.police.uk/youth/11-14/yrspac](http://www.devon-cornwall.police.uk/youth/11-14/yrspac)

### Mental Health

- Anxiety UK – 03444 775 774 Mon-Fri 0930-1730; text service 07537 416 966
- Anxiety podcasts – [www.mentalhealth.org.uk/a-to-z/a/anxiety](http://www.mentalhealth.org.uk/a-to-z/a/anxiety)
- Childline – [www.childline.org.uk](http://www.childline.org.uk) – 0800 1111 – 24/7 – For me! Childline app
- Kooth – [www.kooth.com](http://www.kooth.com) / <https://www.cornwall.gov.uk/media/2000/11/emotional-resilience.pdf>
- Living Well – Australia male focused site but a lot of good info – [www.livingwell.org.au/managing-difficulties](http://www.livingwell.org.au/managing-difficulties)

You can search through this information to find what you need.

You can also use the QR code or website information below to use this brilliant chat service that is open from 9am to 9pm:

**your way Live Chat**

Available every day from 9am-9pm until 14th April subject to review & government guidance

**Aged 11-25 and need someone to talk to?**

SCAN ME

Scan QR code or visit us at [your-way.org.uk](http://your-way.org.uk)

Remember that you can also contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at [ktaylor@penrice.org](mailto:ktaylor@penrice.org).

