Useful Contacts

**Safeguarding Support**

Dave Borrell (Head Teacher/DSL)

Telephone: 07495127271

Alyson Young (Deputy Head Teacher)

Telephone: 07495127516

Social Care Advice and Support

Early Help Outreach Advice: 0191 4246210

Children’s Services (ISIT) 9am—5pm:0191 4245010

Children’s Services (Out of Hours) 5pm onwards: 0191 4562093

Police (non emergency): 101 or 01661 872555 (emergency) 999

**Pastoral Support**

Ivan Rowell (SEMH Lead)

Telephone: 07495127429

Paul Collins (Behaviour & Attendance Lead)

Telephone:

Billy Bell (Vocational Centre Manager)

Telephone: 07495127255

**Young Carer’s Support**

**South Tyneside Young Carers**

<https://www.southtynesideyoungcarers.org/>

0191 4272795

Email: levi@styoungcarers.org.uk

**Mental Health Support**

Kooth—free, safe and anonymous online support for young people aged 10-25)(Mon-Fri 12pm-10pm, Sat and Sun 6pm-10pm)

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

Lifecycle—free mental and emotional health support via telephone and face-to-face appointments.

0191 2832937

CYPS—free mental health support for young people who are experiencing serious mental illness or symptoms of ill mental health:

0191 5665500

ICTS (Crisis) Team—free emergency support for young people who present an immediate risk to themselves or others

0191 5665500—then ask for the ICTS Team

The Matrix Young Peoples Drug and Alcohol Support Service

0191 497 5637

**Food Banks**

Hebburn Helps, Campbell Park Road, Hebburn: 0191 4899707

New Hope Church, South Shields: 0191 4245462

Hospitality and Hope, South Shields: 0191 4203336

 Coronavirus self-isolation: How to look after your mental health and well-being if you’re self-isolating

**Guidance from the BACP**

**Keep in contact with people in other ways**

Human contact and connection is really important. We can keep in contact with people by FaceTime, WhatsApp, Skype, and those conversations and interactions can really help at this time

**Reframe**

If you can reframe your thoughts into being positive, that can help. If it’s possible, try to think of this time as an opportunity to get something done. It might be reading a book, doing chores, drawing, catching up on something. Try to get into a positive mind frame. Remember this is for a set time period, and not forever.

**Try to keep a sense of normality**

If you’re not sick, and you’re able to do school from home, that can be really helpful. Try to keep a sense of normality as far as possible. Create yourself a timetable, setting out times where you will complete work. Make sure you get up at a decent time, get dressed and keep some routine.

**Self-care**

It’s important to practise self-care if you’re self-isolating.

If you’re stuck by yourself, even if you’re confined to one room of your house, you may still be able to do some meditation, yoga or even some basic physical activity while watching an exercise video. Limit the time you spend reading the news or accessing social media.

 **Also remember to wash your hands regularly for 20 seconds each time.**