

Safeguarding Support and Information from The Hub

Bulletin 3

This week we are focusing on support and counselling that is available for our young people at this difficult time.

Many of us are going to struggle with our mental health at some point in our lives. There is no shame in this and we need to think of our mental health as important as our physical health. If we were feeling physically unwell we would get help and support from our pharmacist or our doctor; we must think of this as just as important for our mental health.

These challenging times that we now find ourselves in with another National Lockdown and all the fears and worries that can bring, can leave our young people feeling lonely and scared with lots of questions that they may feel unable to speak to their parents or friends about.

At Buckswood School we have various people who your child can talk to, this has not changed because of the lockdown, these people are still available to talk to and can be easily contacted through email or Microsoft Teams. These staff include Form Tutors, Heads of Year or the Residential Staff (if they are a Boarder). The staff in the Wellbeing Hub are here to help too, they can be contacted via email on admin2@buckswood.co.uk or through Teams (@safeguardingofficer) and they will arrange to speak to your child privately. The School Nurses are also available during the school day in the Buckswood Health Service (BHS) and they can also be reached via email on nurses@buckswood.co.uk

However there are lots of services outside of Buckswood that can help if your child is struggling with their feelings or emotions, the majority provide free on-line advice and support and few of these services are listed below:

i-Rock Hastings & Rother

i-Rock provide a whole host of messaging services, support websites to visit and useful phone numbers if you are struggling with your mental health. This service is for 14-25 year olds and they are based in Hastings Town Centre. Please email them using the details below for more information.



Email irockhastings@gmail.com

Place2Be

Place2Be offer a free 24/7 confidential support texting service if your child is struggling to cope with their mental health.



Text the word P2B to 85258. FAQ's answered at: place2be.org.uk/text

Schools Health Service East Sussex

ChatHealth is a text-only service that is monitored Monday-Friday, 9am to 5pm where young people can chat about anything from exams, depression, stress, sexual health, general health and their body. This service is for 11-19 year olds.



Text 07507 332473

Childline

It's a fantastic website with help and support for young people on a wide range of topics. There are free messaging boards and blogs on a variety of issues that might be affecting your child during these times.



0800 1111 or via their website <https://www.childline.org.uk/>

Kooth

Kooth offer free online support for young people. If your child wants someone to understand them or get advice for a friend, they can help.



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

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

Young Minds

Young Minds ethos is leading the fight for a future where all young minds are supported and empowered, whatever the challenges. Young Minds are here to make sure young people can get the best possible mental health support and have the resilience to overcome life's difficulties.



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

CEOP – Report Abuse

CEOP help children stay safe online. Has someone acted inappropriately towards your child online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes them feel uncomfortable or someone being insistent on meeting up with them. You can report it here.



<https://www.ceop.police.uk/safety-centre/>

The Government have released this parent guide on supporting young people's mental health and wellbeing during the pandemic. The guide can be accessed here :

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Counselling Services

If you feel you would like to arrange some private one-to-one counselling support for your child we have sourced details of some local counsellors who may be able to help. You will find links to their webpages below, please contact them directly for more information. These sessions will be held on line.

The Priory Group

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

The Priory Group have centres nationwide and provide a range of mental health and addictions treatments at their hospitals and rehabilitation centres. This includes for alcohol and drug additions, stress, depression, anxiety, eating disorders and obsessive compulsive disorders.

At Priory, they have established an unrivalled reputation for delivering a real and lasting difference for each and every individual who uses the services. Priory currently treats more than 70 different conditions through a nationwide network of over 450 facilities.

Julie Kitchener Child and Adolescent Psychotherapist MACP (Accredited)

<https://www.counselling-directory.org.uk/counsellors/julie-kitchener>

Julie is a Child and Adolescent Psychotherapist registered with the Association of Child Psychotherapists (ACP). She has substantial experience of working with children and young people in both general and specialist NHS Child and Adolescent Mental Health Services as well as in the voluntary sector and in private practice. She also worked for nine years in a children's residential therapeutic community, as lead psychotherapist, then head of therapy.

She sees children and young people aged 0-25 with a range of emotional and behavioural problems, from those with complex mental health issues, developmental delay or a background of trauma, to those affected by less severe difficulties that nonetheless impact on their experience of themselves, their lives and their relationships.

Child and adolescent psychotherapy provides an approach that can help make sense of a child or young person's troubled thoughts and feelings, particularly when they are expressing their emotions through behaviour that causes distress to themselves and those around them. Julie offers a safe therapeutic space to think with parents and/or children and young people about how best to understand and address these difficulties. While the therapeutic relationship and young person's perspective are crucial, sometimes it is helpful to continue to meet with parents alone, or to engage in parent-infant, parent-child or family work. Alternatively, individual psychotherapy may be indicated, particularly for older teenagers and young adults, or when problems have become more entrenched in younger children. Children do not often talk about difficult things directly, so therapy may involve play, drawing or writing as well as talking, depending on the age, needs and wishes of each individual.

Jenny Willsher Adv.Dip.Counselling, Registered MBACP Accred

https://www.counselling-directory.org.uk/counsellor_22494.html

Stressed, confused, alone with your thoughts? Jenny can offer you a peaceful and nurturing space to offload and unpick what's on your mind. She is an experienced accredited person-centred counsellor and health professional, offering individual and couples counselling. Jenny has worked for many years with vulnerable families, parents and children. Our lives are a complex mix of relationships, emotions and pressures, which are made more stressful and overwhelming by life events such as bereavement and loss, traumatic experiences and relationship breakdown. She believes that we all have the capacity and 'tools' within us to cope with what life throws at us, but this can be 'locked up' by how we have responded to past events and have then become dis-empowered and vulnerable.

Michael Mulkerrin - BACP Accredited & Registered Psychotherapist & Counsellor

<https://www.counselling-directory.org.uk/counsellors/michael-mulkerrin>

Michael says is nothing he can say here will answer the most important question –

"Can we develop a rapport and work together?"

The best way to find out is to meet up for a chat where you can decide whether working with Michael will be helpful to you. Do you feel comfortable and safe? Do you experience empathy from him? Do you feel valued? Do you get that mysterious tingle of excitement in your stomach that suggests you may have made the first step towards something new in your life? These are all good signs...

Have a look at Michael's website, check out some of the other therapists listed here, mull it over – and if you would like to meet up, drop him a line or give him a call.

Michael offers online therapy via Zoom - a free, secure video platform rather like Skype.

Anna Honeysett BA.hons, Adv,Dip,Couns, MBACP

<https://www.counselling-directory.org.uk/counsellors/anna-honeysett>

Anna has a large amount of experience in Eating Disorders and Drug and Alcohol addictions. She has worked with a large variety of issues such as anxiety, panic attacks, sleep difficulties, depression, stress, self-harm, chronic illness, relational issues, anger and managing your emotions. With various client groups: children, adults with learning disabilities, adults, and teenagers.