

Support for Students

Many of us are going to struggle with our worries at some point in our lives.

At Buckswood School we have various people who your child can talk to which include their Form Tutor, Head of Year or the House 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 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 be reached on nurses@buckswood.co.uk

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 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. Outside of COVID-19 they also provide a drop in service. 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/>

Report Remove Tool

It can be scary finding out a nude image or video of you has been shared online. But Childline's new Report Remove Tool can help.



Nude image of you online?
We can help take it down.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/#:~:text=When%20you%20use%20Report%20Remove,be%20shared%20with%20anyone%20else.>

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.



<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/>

Counselling Services

Buckswood School does not have a counselling service but if you would like some counselling support for your child we have sourced details of a local counsellors who may be able to help. You will find links to her webpage below, please contact her directly for more information. Once you have found a counsellor that suits your child's needs and you would like the counsellor to see your child during the school day, we can arrange a safe space for this to take place. Please email admin2@buckswood.co.uk who will make the necessary room arrangements.

Dr Laura Tinkl (BSc (Hons), DClinPsy, MBPsS, CPsychol)

Senior Chartered Clinical Psychologist

Dr Tinkl's practice details are available here www.rawcp.co.uk. If you wish to make contact with her, her email is laura@rawcp.co.uk

She will do face to face when permitted but like most practitioners, she is mainly on-line at present.

Dr Tinkl is linked to a number of other paediatric counsellors and psychologists and will signpost to them as well if appropriate.