



Cambian New Elizabethan School

Look after your Mental Health and Wellbeing!



COVID-19 has been an unusual time for everyone, it is important we look after our mental health and wellbeing.

Don't suffer alone, here are some non-urgent organisations that may help.



SafeSpot is designed to help you through tough spots. SafeSpot gives you your own personalized coping plan, useful strategies and tools to help and directions to local resources to help you -- all at your fingertips. SafeSpot has 3 aspects:

- 1. The Quirky and Cool SafeSpot App
- 2. SafeSpot website
- 3. SafeSpot Curriculum



We are leading the movement to make sure every young person gets the mental health support they need, when they need it, no matter what.



text YM to [85258](tel:85258)



Child Autism UK is an autism charity which provides information and support for parents of children with autism.



Child Autism HELPLINE
If you need advice or support just call
01344 882248



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small.



You can start a 1-2-1 chat with us from 9am - 10:30pm. Or you can call 0800 1111 for free from 9am - 3:30am. You can also send an email using a Childline account any time, and we'll usually reply within a day.



We can also offer some support during this difficult times:



Providing support for young people

Our onsite MDT Team offer a parent phone in service every Tuesday from 12-1pm and Thursday 3-4pm, Call **01299 250258** to speak to one of the team.



Looking after your mental health