

External Support for Students and Parents

The school uses a wide variety of external providers to support students with mental health concerns. These include:

- GPs- Your GP is usually the first person to contact regarding concerns about a child's mental health.
- CAMHS- Child and Mental Health Services. GPs and School can refer students
- Carlisle and Eden Mind- Local wing of national mental health charity
- Barnardo's Link Project- Local support from national charity
- Kooth- Online, free counselling for young people
- Young Minds- General mental health and knowledge
- Childline- Free counselling for young people online or by phone
- Samaritans- Suicide phone-line (116 123)
- Papyrus- Prevention of youth suicide
- Stem 4- Supporting positive mental health in teenagers
- Beat- Leading eating disorder charity
- There are a number of excellent apps available to support students that are struggling with mental health. For example: Thrive, Cove, Feeling Good, Catch it, My Possible Self