

# Questions and answers

## Q: How can I look after my wellbeing if I'm self-isolating?

You can visit <https://www.mind.org.uk/> for guidance on how to look after your mental wellbeing whilst self-isolating.

Visit <https://www.kooth.com/> for free, safe and anonymous online support for young people.

You can download some apps to help!

- Calm Harm— Reduce urges to self-harm and manage emotions
- Cove— Create music to reflect how you feel
- Chill Panda—Use breathing techniques to help you relax more.
- Catch it—Learn to manage negative thoughts
- SilverCloud—Course to help you manage stress, anxiety and depression.

## Q: What do I do if I need support right away?

There are a number of helplines to contact if you need crisis support:

- Childline—0800 1111 available 24/7
- The Samaritans—116 123 available 24/7
- Young Minds—Text YM to 85258 for text support available 24/7
- Papyrus—have a HOPELINE for suicide prevention 0800 068 4141 available 10am-10pm weekdays and 2pm-10pm on weekends.
- If you need emergency support always contact NHS 111 Option 2



## Just because you cannot come and see us in person at the moment, that does not mean we cannot help you.

If you have any safeguarding concerns, are worried for your safety or feeling at risk then you can still make contact with us and we will do our very best to help you.

You can contact us on the following numbers between 9am and 4pm daily:

The Designated Safeguarding Lead (DDSL)

**Name: Mrs Kelly Mills – 07778117304**

*(Role: Senior Leader: Safeguarding & Pastoral Support/ Designated Safeguarding Lead)*



The Deputy Designated Safeguarding Lead (DDSL)

**Name: Mr Alex Ratcliff - 07778117319**

*(Role: Safeguarding Manager/Deputy Designated Safeguarding Lead)*



Or you can email us [SPASafeguarding@sheffieldparkacademy.org](mailto:SPASafeguarding@sheffieldparkacademy.org)

Other useful and up to date information will be available on the school website:

[www.sheffieldpark-academy.org/](http://www.sheffieldpark-academy.org/)



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