

## Health & Well-being Support









The Welfare Team are available via: Email: [welfare@abbeycollege.cambs.sch.uk](mailto:welfare@abbeycollege.cambs.sch.uk)

Tel: 07711920454

*Don't worry if you usually get help & support in school. During the time we are closed you can also pick from this list of services if you need to talk to someone.*

Service	Information/Support Offered	Contact details
CAMHS Live	Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stressed	<a href="http://www.nhft.nhs.uk/camhslive">www.nhft.nhs.uk/camhslive</a>
Young Minds	Crisis Messenger	text YM to <b>85258</b>
Childline	Online, on the phone help about all areas of concern. Web site is full of useful information	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
VOICE	victim of theft, robbery, attacks, abuse, violence, harassment, or stalking?	<b>0300 3031965</b>
CIRV	In a Gang and want out? Know someone else who needs help getting out of gang related activity?	call 24/7 on 07539183975
CASUS	Need help with Drug & Alcohol abuse? CASUS is an early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire.	01223 214614
STEM	Supporting teenage mental health	<a href="http://www.stem4.org.uk">www.stem4.org.uk</a>
NHS	For your mind, for your body – support for all areas	<a href="http://www.nhs.uk">www.nhs.uk</a>
NSPCC	National Society for the Protection of Children	0808 800 5000 (free)
Samaritans	Support for people in crisis	08457 909090
School Nursing	Chat Service	07480 635443
Kooth	Free safe and online support for young people	Kooth.com
CHUMS	Mental health and emotional well-being to support children	Chums.uk.com Peterborough: 0330 0581 657 Cambridgeshire : 0330 0581 659

### Apps to download for self-help.

App	Helps you with	image
<b>Calm Harm</b> (part of STEM)	help you to resist or manage the urge to self-harm and can help to reduce anxiety.	
<b>Clear Fear</b> (part of STEM)	Clear Fear is a free app to help children and young people manage the symptoms of anxiety.	
<b>Combined Minds</b> (part of STEM)	Combined Minds is a free app to help families and friends provide mental health support.	
<b>What's Up</b>	Use the positive and negative habit tracker to maintain your good habits	
<b>Mind Shift</b>	Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.	
<b>Happify</b>	The Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.	

## Local Foodbanks

Food Bank (Sawtry)	Caresco	01487 832105
Food Bank (Yaxley)	St Peters Church	07939 449255
Food Bank (Huntingdon)	Trussell Trust Food Bank	01480 458565
Food Bank (Ramsey)	St Thomas Beckett Church	01487 812648

You can also email [welfare@abbeycollege.cambs.sch.uk](mailto:welfare@abbeycollege.cambs.sch.uk) and someone from the safeguarding team will help you.

‘Take care of yourself before you take care of your performance’