

REMEMBER...

Check out the mental health and well-being activities in the home study portal over the Easter break!

You will find information, hints, tips and activities all aimed to support your mental health and wellbeing.

Activities are linked to **5 Ways to Wellbeing**.

By following 5 simple actions it has been shown that we can improve our wellbeing.

They are easy-to-remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future.

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed [Young Minds](#) have some great advice.



Kooth.com

Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](https://www.kooth.com) where young people can register and others can find out more about the service.

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If you need to speak to someone over the Easter break you could contact [KOOOTH](#) who now offer online support for 10-25yr olds.