



[Kooth.com](https://www.kooth.com) – mental health support online



Kooth is an anonymous online resource for mental health support. It is accessed through the Kooth website.

It's free and offers access to **peer-to-peer support** through live forums, counsellor messaging, self-help tools and information and one to one counselling.

[ArkAcademy.org](https://www.arkacademy.org) – school website



Keep up to date with **news directly from the school website** – you can also access your school emails from the homepage and Show My Homework. If you don't have Microsoft office at home (word, powerpoint, etc), you can also access these through Office 365.

[Samaritans](https://www.samaritans.org) – for whatever you are going through



The Samaritans helpline is **available 24 hours a day**, 365 days a year, for people who want to talk in confidence. Call 116 123 (free).

You can also speak to the Samaritans if **you are concerned about somebody else**.

Miss Iliffe and Ms Rogers



You can contact your **Head of Year** on their school mobile using the following numbers:

- Ms Iliffe - 07517282979
- Ms Rogers – 07517282932

You can continue to email your form tutor as normal.

[NHS website](https://www.nhs.uk) for Mental Health –



Mood self-assessment - the mood self-assessment quiz can help you understand how you've been feeling recently and what you can do.

Mental wellbeing audio guides - these can help with low mood, anxiety, problems sleeping, unhelpful thoughts.

[Young Minds](https://www.youngminds.org.uk) – guidance for a range of adolescent mental health issues



Young Minds is for anyone **feeling different from usual** or who've noticed a change in their behaviour.

Find out about some common feelings and mental health symptoms, how to cope, and where to go to get help. Covers a wide range of adolescent mental health issues.

[Childline](https://www.childline.gov.uk) – call, chat online or email



You can contact **Childline** about anything. Whatever your worry, it's better out than in. We're here to support you and help you find ways to cope.

There are lots of different ways to get in touch with us – **call 0800 1111 for free**, or log on to the website.

[UCAS.com](https://www.ucas.com) -



UCAS have a dedicated newsfeed for coronavirus-news.

<https://www.ucas.com/undergraduate/after-you-apply/coronavirus-covid-19-latest-updates>

Make sure your email address is up to date with UCAS as **they will email you as soon as there is an update**.

[Ark Academy safeguarding team](mailto:safeguarding@arkacademy.org) – via email



If you are experiencing problems at home or are concerned about a friend or a peer, the quickest and safest way to communicate with school staff is through the **safeguarding email address**.

Use the link to send an email to the safeguarding staff.

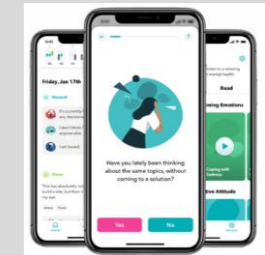
Quick Apps – [Simple Habit](https://www.simplehabit.com)



Simple Habit is a 5-minute meditation app designed to help busy people stress less, achieve more, and live better.

Download now from the app store or website (click link).

Quick Apps – [Mood Path](https://www.moodpath.com)



If you're struggling with depression or anxiety, Moodpath is the leading mental health app to guide you toward emotional well-being.

Download now from the app store or website (click link).

Quick Apps – [Moodnotes](https://www.moodnotes.com)



A super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits. Moodnotes empowers you to track your mood over time. **Click to download.**