

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.

[Young Minds](http://YoungMinds) – 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 – 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.

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.

Heads of Year – available by email



You can contact your Head of Year at any time using your school email address:

Year 7: C.Kelly@arkacademy.org

Year 8: G.Kelman@arkacademy.org

Year 9: D.Asare@arkacademy.org

Year 10: A.Milea@arkacademy.org

Ark Academy safeguarding team – 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](mailto:Ark Academy safeguarding team). Use the link to send an email to the safeguarding staff.