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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

But 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

Unravel - 01142 016 347—
Naomi.Holloway@sheffieldsprings.org