

## SEN Information – Emotional Wellbeing

If you have any concerns about your child's emotional wellbeing please contact his/her Head of Year in the first instance.

I have outlined below support agencies that can help both young people and parents/carers.

### **Time to change**

Time to change is an anti-stigma campaign that began in 2007. It is run by the mental health charities Mind and Rethink Mental Illness. Time to change has been involved in two digital anti-stigma campaigns. One is targeted at teenagers and the other at parents. The #nojudgement campaign is aimed at reducing stigma around mental health needs amongst parents and teenagers

Time to change: let's end mental health discrimination: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

### **Silent Secret**

The government has launched the Silent Secret app to allow young people to safely share secrets. It is an anonymous social network for young people between the ages of 11 and 19. It also provides direct support from key organisations when a young person seems to need mental health support.

The idea is that it uses the support of peers which is increasingly being recognised as vital in addressing mental health needs. It encourages young people to share their secrets, thought and feelings, news and lifestyle.

Other users cannot make comment on each other's post but they can express their thoughts through buttons such as 'me2' to express empathy. There is a

'get support' button for those deciding that they need the support of an organisation.

Silent Secret won the 2015 National Digital Heroes award for Internet Safety.  
[www.silentsecret.com](http://www.silentsecret.com)

### **Young Minds**

Young Minds is a charity committed to improving the emotional well-being and mental health of children and young people. 1 in 4 people have some sort of mental health problem at some time in their lives. Young minds can offer support. If you are a parent/carer and you are worried about your child. You can get excellent support and advice from Young Minds. They have a free helpline – 0808 802 5544.

Young Minds offer help and support through a range of websites, guides and information that provides advice. [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Kooth**

Kooth is an online mental health wellbeing community for young people. It is free, safe and provides anonymous support online. Kooth also provides discussion boards. Young people can also chat with the team about anything that is on their mind. Kooth also provides a daily journal whereby young people can track their feelings or emotions and reflect on how they are doing on a day to day basis.

[www.kooth.com](http://www.kooth.com)

Kooth app – XenZone/Future Thinking for Mental Health

If you require further information please contact me at school.

Carol Hart (SENCO)