



COMMITTED TO
EXCELLENCE

GREENSHAW HIGH SCHOOL

Help for the Holidays

Christmas 2020

**A guide to sources of support for Greenshaw High School
parents and students**

Despite the fun and festivities Christmas can be a difficult and overwhelming time. The following websites have sections on how to look after your mental health during the holiday period.

www.childline.org.uk

Childline have lots of information and advice about how to cope at Christmas. Their phonenumber and online live chat with trained counsellors are also available daily, including on Christmas Day and over New Year.

www.cruse.org.uk

Facing the festive period following a bereavement can be particularly painful. Cruse is a bereavement charity that can offer support and advice over this time.



www.youngminds.org.uk

Advice on how to look after your wellbeing over the holidays as well as information and tips about how to keep yourself mentally healthy all year round.

www.stem4.org

stem4 is a charity that promotes positive mental health in teenagers and those who support them through the provision of mental health education, resilience strategies and early intervention.

www.mind.org.uk

Mind have some great sections which explain how the period around Christmas and New Year might affect your mental health, particularly during the pandemic.

www.kooth.com

24/7 access to self-help materials, peer-to-peer support, moderated forums as well as being able to speak to trained counsellors every day during the festive period.

Text SHOUT to 85258	UK's first free, confidential, 24/7 text support service
Text YM to 85258	YoungMinds Crisis Messenger for free 24/7 support
Call 0800 1111	Childline for free support between 7.30am and 3.30 am every day
Call 116 123	Samaritans for free support 24/7,



Off the Record

Counselling for young people aged 14-25
172 Croydon Road, Beddington, CR0 4PG
Telephone: 020 8680 8899
Email: sutton@talkofftherecord.org

Saturday support
10am – 1pm
020 8175 6776

Online counselling
<https://talkofftherecordonline.org/>

Free workshops
<https://talkofftherecordonline.org/what-is-on-workshops>

1. Managing Low Mood 17/12/2020 @ 17:00

Sometimes in life we can feel low and it can be really difficult to know what to do. Join us to explore ways we can manage our low moods.

[Login to Register](#)

2. Keeping Connected 22/12/2020 @ 17:00

A weekly space to connect with other young people, check in and share your thoughts/feelings on a new topic each week - supported by our online wellbeing practitioners.

Come and join in and let us know your suggestions for next week's discussion! Some suggestions for next week ... Grounding techniques? Decision making? Independent Living Tips?

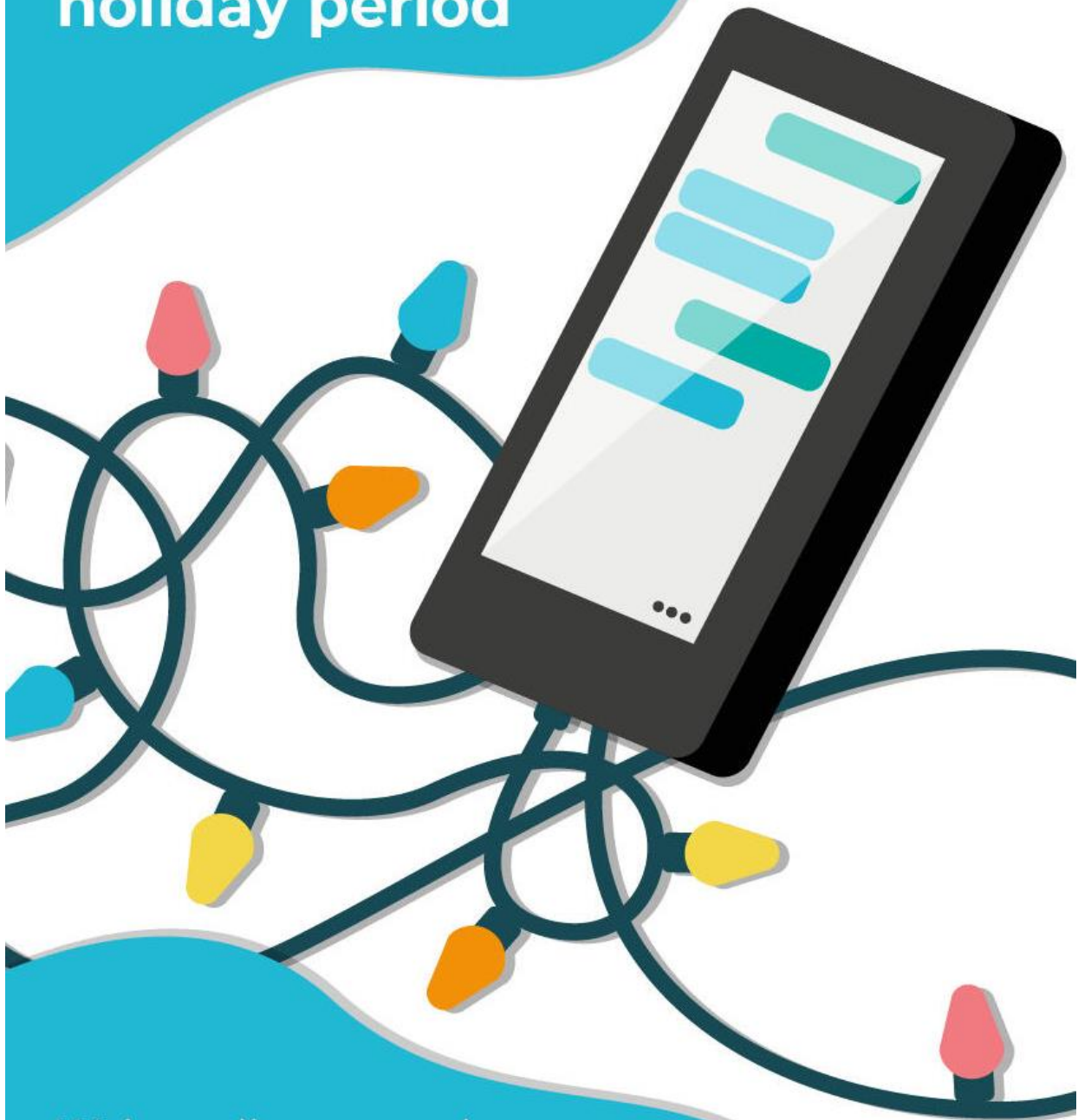
[Login to Register](#)





You can still access
support over the
holiday period

kooth



We're online every day
including **Christmas Day**
Sign up for free at [Kooth.com](https://www.kooth.com)





Advice Link Partnership Sutton

Free, independent, impartial and confidential advice funded by London Borough of Sutton and the Big Lottery

Call us on: **0208 254 2616**

We are three organisations providing information and advice to people who live or work in the London Borough of Sutton.

- Citizens Advice Sutton
- Sutton Carers Centre
- Age UK Sutton



We provide free, confidential, independent and impartial advice on issues such as welfare benefits, debt, housing, employment and social care issues.

We provide information from locations across the London Borough of Sutton:

- Citizens Advice Sutton; Central Library, St Nicholas Way, Sutton, SM1 1EA.
- Sutton Carers Centre; Benhill House, 12-14 Benhill Ave, Sutton SM1 4DA.
- Age UK Sutton; Sutton Gate, 1 Carshalton Road, Sutton, SM1 4LE.
- ALPS works with the Sutton Library and Heritage Service to provide local community information.

You can telephone Citizens Advice Sutton; Sutton Carers Centre, Age UK Sutton and Sutton Library & Heritage Service on 020 8254 2616. All of these services are available between 9.00 and 5.00, Monday to Friday.

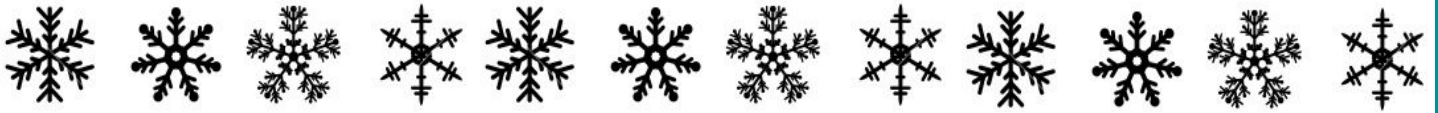
The ALPS number also provides access to the following national organisations:

- Samaritans
- Citizens Advice Consumer Service
- National Domestic Violence Helpline
- The Age UK Advice line
- The Carers Direct Helpline

Web: www.suttonalps.org.uk

Phone: 0208 254 2616





Not Alone In Sutton

If you are experiencing domestic abuse, or know someone who is, help is available.

The government definition of domestic violence and abuse is: “any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to: psychological, physical, sexual, financial, emotional.”

If you are experiencing domestic abuse, or know someone who is, help is available.

Victim Support (London Victim Assessment and Referral Service)

Call **0808 168 9291** free (Mon–Fri 8am–8pm, Sat 9am–5pm)

Sutton Domestic Abuse One Stop Shop –

Face-to-face drop-in sessions providing support and guidance available at Sutton Baptist Church on Wednesday mornings from 9.30-11.30am.

If the One Stop Shop is unavailable you can get support from Transform on 0208 092 7569 or email transformsutton@cranstoun.org.uk

You can also complete an online referral by visiting:

<https://www.cranstoun.org/services/domestic-abuse/transform-sutton>

National Domestic Abuse Helpline

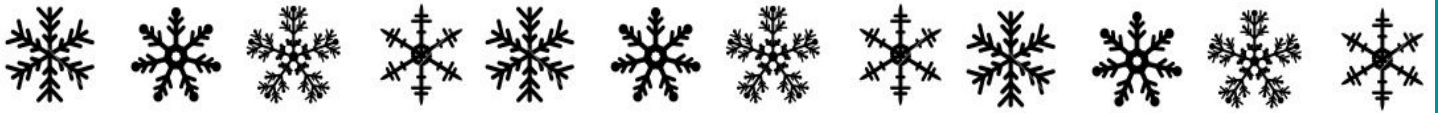
Call the 24 hours helpline free on **0808 2000 247**

Police

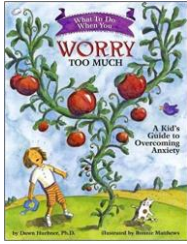
Call **999** if you are in immediate danger, **101** at all other times.

Sutton’s **multi-agency safeguarding hub** can be contacted on 0208 770 6001.

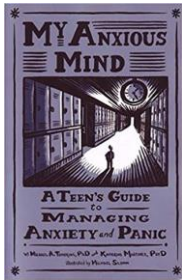




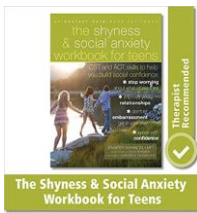
Anxiety



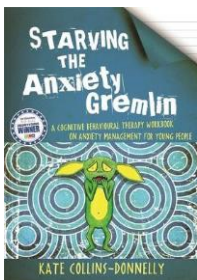
What to Do When You Worry Too Much (6-12 years) is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety



My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic - This book is aimed to help teens take control of their anxious feelings by providing cognitive behavioural strategies to tackle anxiety and to feel confident and empowered in the process.



The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence – This book offers worksheets and comic-style illustrated scenarios that help teen readers identify their values and practice evidence-based skills for overcoming shyness and social anxiety.

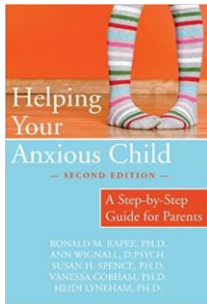
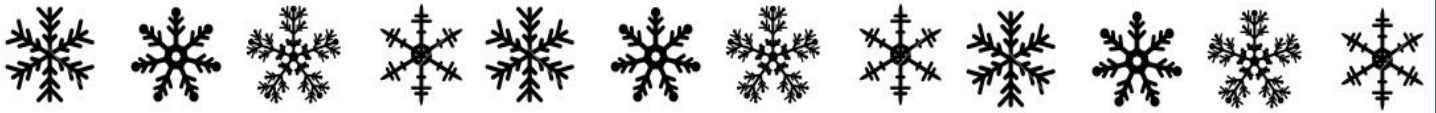


Starving the anxiety gremlin - This workbook is designed to help young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. Suitable to work through alone or with a parent or practitioner.

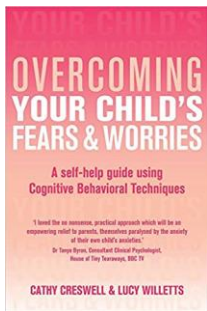


The huge bag of worries (younger children, 5-11 years) by Virginia Ironside





Helping your anxious child: at step by step guide for parents Ronald Rapee. The book offers proven effective skills based on Cognitive Behavioural Therapy (CBT) to aid you in helping your child overcome intense fears and worries.

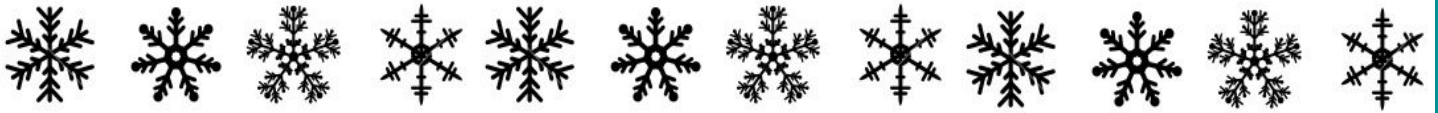


Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques by Cathy Creswell and Lucy Willetts

Key messages about anxiety:

- 1) Avoidance makes anxiety worse and keeps it going: we need to face our problems to test whether things are as bad as we think they are.
- 2) We need to be careful we don't misinterpret bodily sensations as catastrophic. For instance, instead of thinking "my breathing is getting shallow, I'm going to have a panic attack", we need to try to pay attention to the sensations mindfully, without attaching any judgment ("I'm breathing more shallow because I'm feeling worried.") This can help us to identify useful strategies eg breathing.
- 3) Anxiety is not harmful: it is unpleasant and upsetting but it won't hurt us.
- 4) Anxiety goes down over time. We need to remember that so that we can tolerate it (and use strategies) until it passes.
- 5) Thoughts influence the way we feel, but thoughts are not facts and we need to challenge them when they're making us feel worse.





We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Our foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors:

Citizens Advice: 0208 4053552 or online via their [website](#)

Welfare Reform Team: 07714 747011

Sutton Salvation Army: 020 8642 9862

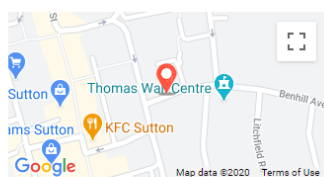
If you speak to one of these agencies and they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Sutton Salvation Army

07525838640

OPENING TIMES	ADDRESS
Mon 12:00 - 14:00	44 Benhill Avenue
Tue Closed	Sutton
Wed Closed	SM1 4DD
Thu Closed	
Fri 12:00 - 14:00	
Sat Closed	
Sun Closed	

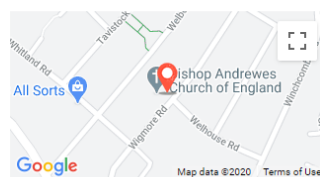
[Directions via Google Maps](#)



Bishop Andrewes Church

OPENING TIMES	ADDRESS
Mon Closed	Bishop Andrewes Church, 59 Wigmore Road
Tue Closed	Carshalton
Wed 18:30 - 20:00	SM5 1RG
Thu Closed	
Fri Closed	
Sat Closed	
Sun Closed	

[Directions via Google Maps](#)

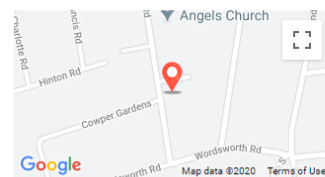


St Michaels & All Angels Church, Wallington

07525838640

OPENING TIMES	ADDRESS
Mon Closed	Milton Road, Wallington
Tue Closed	SM6 9RP
Wed Closed	
Thu 12:00 - 14:00	
Fri Closed	
Sat Closed	
Sun Closed	

[Directions via Google Maps](#)
[View local transport](#)





Support Over Christmas Period



South West London and
St George's Mental Health
NHS Trust

24/7 Mental health support line

If you need mental health support in a crisis **you can call our 24/7 Mental Health Support Line on 0800 028 8000**. The Mental Health Support Line offers emotional support and advice to people who are affected by urgent mental health issues, at any time of the day or night. It is open to everyone: both children and adults of all ages, and to people who haven't previously accessed mental health services.

Please forward referrals **urgent emails** to CAMHS on ssg-tr.suttoncamhs@nhs.net

A **CAMHS duty worker** is available for consultation to young people and professionals on 0203 513 3800 (Monday to Fridays between 9 am and 5 pm).

Monday to Friday 5pm–10pm and On Weekends and Bank Holidays 9am–9pm, young people can contact the **SLP CAMHS crisis line Telephone: 0203 228 5980**.

Young people/ Families should NOT attend A&E unless they require urgent/ life threatening medical attention.



PROMOTING HEALTH & WELLBEING IN SUTTON

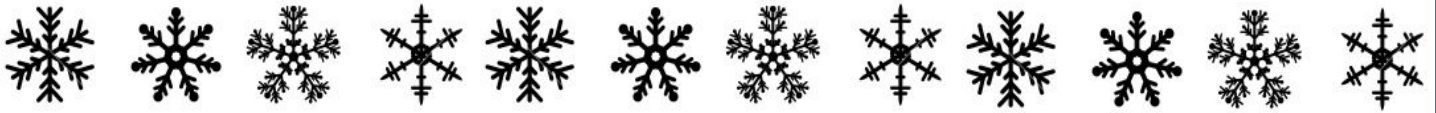
If you are feeling overwhelmed, stressed or anxious then you are not on your own. Sutton Uplift offers a service that may help you feel positive again. Sutton Uplift is an integrated Primary Care Mental Health service accessible to anyone living in the borough of Sutton or registered with a Sutton GP who are **18 years and over**. We support anyone who has a mental health or wellbeing need, whether this is due to emotional difficulties or life stressors

0800 032 1411 / 0203 513 4044

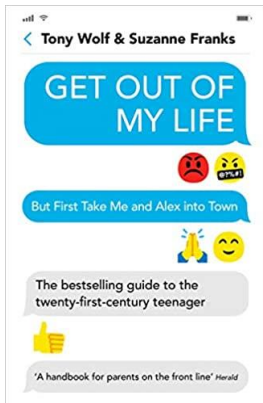
Mon - Fri 9am-6pm

Sutton Uplift holds a weekly Wellbeing drop-in clinic within Sutton Citizens Advice Bureau every Monday between 9-5pm. No appointment is needed - just turn up at Sutton Citizens Advice Bureaux, under the Central Library, St Nicholas Way, Sutton, SM1 1EA and ask to speak with the Uplift service.

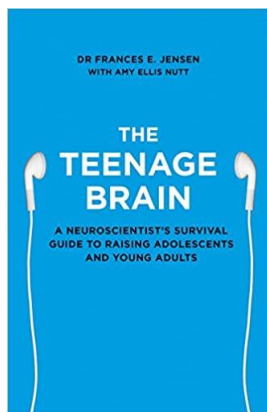




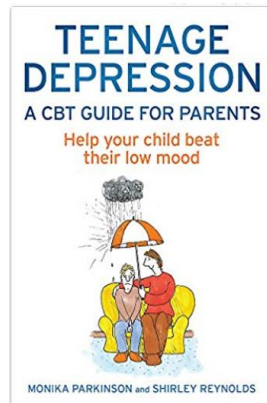
Useful books for parents and carers



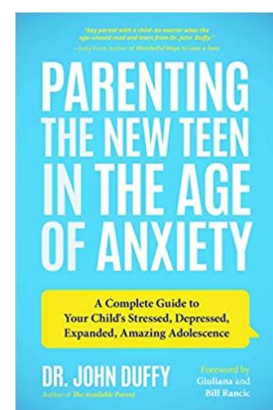
Teenagers are tough and anyone who has their own needs help! Witty, enjoyable and genuinely insightful, *Get Out of My Life* is now updated with how to deal with everything from social media to online threats, as well as looking at all the difficult issues of bringing up teenagers. But it's the title of the second chapter, 'What They Do and Why' that best captures the book's spirit and technique, explaining how to translate teenage behaviour into its true, often less complicated meaning.



We used to think that erratic teenage behaviour was due to a sudden surge in hormones, but modern neuroscience shows us that this isn't true. *The Teenage Brain* is a journey through the new discoveries that show us exactly what happens to the brain in this crucial period, how it dictates teenagers' behaviour, and how the experiences of our teenage years are what shape our attitudes, and often our happiness in later life.

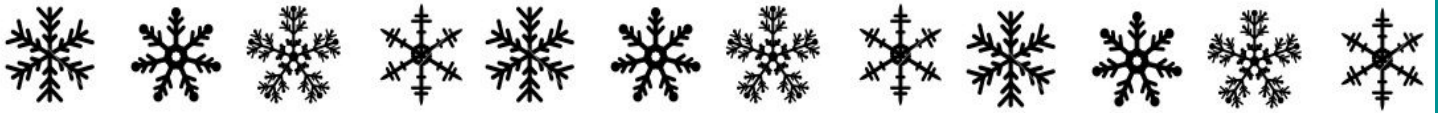


Depression is one of the most common mental health problems and is estimated to affect around 15% of people at some point during their life. For many people depression is a life-long disorder which starts during the teenage years -around 10% of teenagers are estimated to have an episode of depression and many more experience persistent low mood. This accessible book looks at the issues from the parents' point of view, and incorporates additional strategies for parents.



A shift has taken place in how and when children develop. Because of the exposure they face, kids are emotionally overwhelmed at a young age, often continuing to search for a sense of self well into their twenties. Dr. Duffy, a nationally recognized expert in parenting for nearly twenty-five years, offers this book as a guide for parents raising children who are growing up quickly and dealing with unresolved adolescent issues that can lead to anxiety and depression.





Keeping Safe Online – Information for Parents & Carers

We know that students like to have a lot of screen time so want to make sure that parents are aware of where they can go to get information about keeping children safe online.



www.internetmatters.org

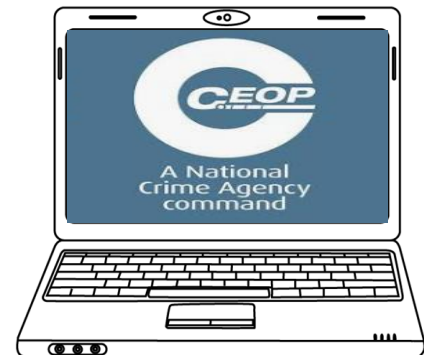
A website full of tools, tips and resources for parents about helping their children to make the most of the digital world.

There is a helpful list of e-safety concerns that you might have about your child's online safety and the steps you can take to help them deal with any issues.

The website also provides helpful links to organisations that can offer more help.

www.ceop.gov.uk

If you want to report someone who is behaving suspiciously online towards a child, you should in an emergency contact the emergency services by calling 999, or otherwise make a report to CEOP, the Child Exploitation Online Protection Centre.

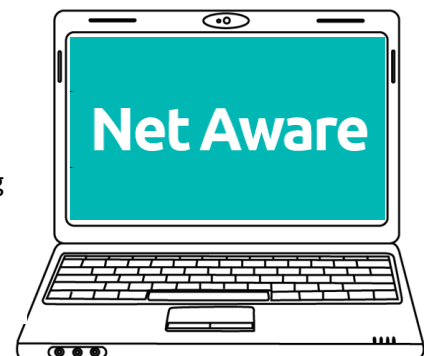


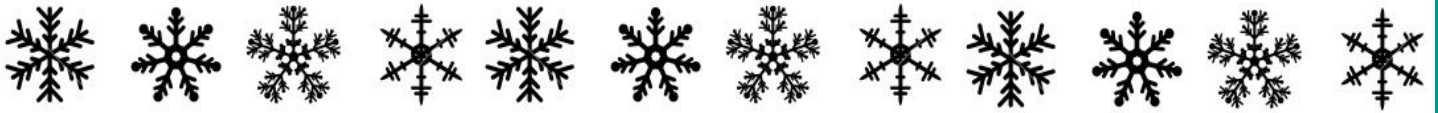
www.commonsensemedia.org/parent-concerns

Promotes the use of safe technology and media for children and contains information and articles for parents on a variety of online issues young people may experience.

www.net-aware.org.uk

This site is run by the NSPCC and contains details of over 70+ social media apps and games that young people are using along with information about how to talk to your child about online safety.





The online world is ever changing and it can be difficult for parents and carers to keep on top of the activities their children choose to engage in. To support you, **The Young Gamers and Gamblers Education Trust (YGAM)** have developed a range of informative pieces around gaming and gambling to inform and educate you on these topics and help you make safe and healthy choices for your family.

Visit www.ygam.parents.org for more information

What is gaming?
 Parental controls
 Identifying signs of harms
 Setting boundaries
 What are in-app purchases?
 Understanding addiction
 What is a healthy balance?



Reasons for Gaming	Alternative inside activities	Alternative outside activities
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 <p>For fun</p>	<p>Board games, baking getting creative</p>	<p>Playing Sports, watching live sports attending an event, going with friends to a theme park/activity centre, visiting a relative volunteering</p>
 <p>A way to relax</p>	<p>Reading a book, listening to music, cooking, having a bath, getting creative, drawing/colouring, meditation</p>	<p>Running, cycling, gardening climbing</p>
 <p>Social</p>	<p>Board games Card games</p>	<p>Meet up with friends Join a sports team or local club Volunteer</p>
 <p>Boredom</p>	<p>Learning a new skill, taking a course, playing board games, getting creative, making something</p>	<p>Joining a club, taking lessons in something, making up challenges to do, taking up a form of exercise. volunteering in the community</p>
 <p>Form of escapism</p>	<p>Art, listening to music, doing something creative, reading, playing an instrument</p>	<p>Taking part in a sporting activity, running, cycling, hiking, climbing gardening, doing yoga</p>
 <p>Creative</p>	<p>Drawing cartoons or pictures, constructing something, designing and/ or making something, writing, learning a new skill, playing chess, cooking</p>	<p>Learning a new skill – taking a class, doing outside art</p>



Who you can call if you are in need of mental health crisis support

Mon–Fri: 9.00am – 5.00pm

Local CAMHS:

**Sutton 020 3513 3800
Merton
Croydon**

**Mon–Fri: 5.00pm – 11.00pm
Weekends and holidays: 9.00am – 11.00pm**

SLP CAMHS Crisis Line:

020 3228 5980

**Mon–Fri: 10.00pm – 9.00am
Weekends and holidays: 9.00pm – 9.00am**

SWLSTG Mental Health Support Line:

0800 028 8000

If you need medical attention contact your GP, call 999, or attend your local A&E.

Child line - Call: 0800 1111

NHS - Call: 111

Papyrus Hopeline (national charity dedicated to the prevention of young suicide)

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Samaritans - Call: 116 123 Email: jo@samaritans.org

Young Minds Crisis Messenger - Text YM to 85258

Kooth - Online: [Kooth.com](https://www.kooth.com)