



# STUDENT SUPPORT @



# CRESTWOOD COMMUNITY SCHOOL

Term: Summer | Issue 2 | Date: May 15, 2020

Monday is the start of **'Mental Health Awareness Week'** and the focus this year is **'Kindness'**. It is a hard time for everyone at the moment, not knowing what it happening. The key message it to be kind to yourself and to others. Is there something you can do to support a friend or family member? Give them a call, make them a card? What about you? Take a bubble bath, relax with a book? As always we are here for you, please use the numbers below to contact the pastoral team, or email a teacher if you need to talk or need help but don't know where to look. We miss you all, and looking forward to welcoming you back to school when it is safe.  
#crestwoodfamily

## EXTERNAL SUPPORT

There are lots of agencies outside of school than can help, just click on the sections below to open a link in another window,



New Crisis hot-line - 03003031590



Get help and advice for children and young people for a wide range of issues.



Support for child abuse.



Call to talk about anything you need.



Supporting young people with their mental health.



An App to empower young people to build resilience



Free confidential advice and counselling



A confidential text messaging service



Support for young people who want to 'come out'.

## FOCUS FOR THE WEEK - KINDNESS



If you click on the image to the left, it will come up with lots of ideas on how to pass on kindness to others. We will also be adding to the Facebook, Instagram and Twitter pages with other ideas from Anna Freud. Why not share with us what you have been up to, to give other some ideas of how to make people smile.

Don't forget to be kind to yourself, If you click on the link on the right it will take you the Hampshire CAMHS A to Z of coping strategies



## NEW WEEKLY LINKS

Click on the word below and it will take you to the web-page

- Mental Health Awareness Week Kindness Ideas
- Being in Control
- Mindful body scan
- Yoga for stress and anxiety relief
- Crestwood Student Support News letter 1

## PASTORAL SUPPORT

We have established phone lines for students who require emotional support. These will be staffed by our highly skilled pastoral team. They operate from 9am-2pm Monday to Friday

- Mrs Smith - 07385 252141 zena.smith@crestwood.hants.sch.uk
- Mrs Sharp - 07385252049 denise.sharp@crestwood.hants.sch.uk
- Mrs Dieng - 07385 252050 michaila.dieng@crestwood.hants.sch.uk
- Mrs Walters - 07388 376789 karla.walters@crestwood.hants.sch.uk
- Mrs Parnell - megan.parnell@crestwood.hants.sch.uk