



Stress and anxiety is something that can affect us all. At Clydebank High School pupils can talk to Pupil Support, Senior Leadership Team, Pupil and Family Support, the school nurse, school counsellor and Family Opportunities Team.

When not in school, pupils and parents can access the following resources to help.

Please note that these resources are not made by CHS or WDC we do not endorse or recommend particular resources, and encourage you to carefully explore resources before you use them. Resources came from website of a school in Ayrshire.

The attached digital resource information sheet highlights some **apps** that are available to help with exam stress and mental wellbeing as well as **websites** and **helplines**. Other online / telephone resources that can offer support:

- **Breathing Space** breathingspace.scot 0800 838587
(Mon–Thurs 6pm to 2am and Fri–Mon 6pm to 6am)
Listening service offering advice, guidance and support
- **Papyrus** papyrus-uk.org 0800 684141 (Hopeline)
(Mon–Fri 10am to 10pm, Weekends 2pm to 10pm, Bank Holidays 2pm to 5pm)
Confidential help and advice about prevention of young suicide
- **Parentline** children1st.org.uk/what-we-do/how-we-help/parentline-scotland/ 08000 282233 (Mon–Fri 9am to 9pm)
Helpline, email and web-chat, for anyone caring for or concerned about a child
- **See Me** seemescotland.org
Information and fact sheets about mental health

Emotional support is important for everyone, especially during school holidays and when revising and taking exams.

Well Mind



WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing

Exam Stress



This app is for people who suffer from exam anxiety or from feeling stressed during their studies. The app is developed by the Student Counselling Service, who on a daily basis helps students all over the country with psychological and social problems. It derives from many years of experience in helping students to manage their exam anxiety.

Hands on Scotland



This Toolkit is a resource for anybody working with or caring for children and young people. It gives practical information and tools to help you respond helpfully to troubling behaviours and to help children and young people to flourish. Available at:

http://handsonscotland.co.uk/topics/troubling_behaviours_topic_frameset_list.htm

Aye Mind



Aims to improve the mental health and wellbeing of young people by making better use of the internet, social media and mobile technologies. They are working with young people aged 13 to 21 to create and share a wide range of resources. They are also making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing.

Available at: <http://ayemind.com/>

Mind Ed



Offers free, completely open access, online education in over 300 topics. The e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings. Our aim is to provide simple, clear guidance on children and young people's mental health, wellbeing and development to any adult working with children, young people and families, to help them support the development of young healthy minds.

Available at: <https://www.minded.org.uk>

Young Minds



Supports and informs professionals who work with children or young people, whether through paid employment or voluntary work. They provide reliable information about common mental health and behaviour concerns in children and young people: symptoms; possible causes; what you can do to help; other resources and organisations you can contact for support.

Available at: http://www.youngminds.org.uk/training_services

Cool Heads



This booklet is especially for young people as they can experience and have to cope with different types of stress than adults. It looks at the kind of things that might be stressful to those aged between 12-16 year olds, and offers advice on how to deal with their feelings.

Available at: http://www.healthscotland.com/uploads/documents/1485-CoolHeads_1.pdf

The topics covered by the above websites include:

- Domestic/ Physical Abuse
- Anxiety & Depression
- Bereavement
- Bullying & Cyber Bullying
- Body Image & Eating disorders
- Carers
- Drugs and Alcohol
- Childhood Sexual Abuse and Rape
- LGBT
- Self Harm

Help
Lines

Samaritans

Contact free on: 116 123

Visit Website:

<http://www.samaritans.org/>

Child line

Contact free on: 0800 1111

Visit Website: <https://childline.org.uk/>