



**Malbank School  
& Sixth Form College**

“Rejoice in being the best we can be”



# Student Support for Mental Health



Malbank School & Sixth Form College, Welsh Row, Nantwich, Cheshire East, CW5 5HD

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# Malbank School & Sixth Form College

“Rejoice in being the best we can be”



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# Urgent Care



01



Cheshire and Wirral Partnership   
NHS Foundation Trust

## CWP Mental Health Crisis Line

If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly.

**CALL 0800 145 6485**

**Dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.**



When you call them on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time.



**Talk to Samaritans on the phone by calling 116 12**



If you are or know a young person who is struggling to cope, text YM to 85258 for free, 24/7 support. Whatever you are going through, if it matters to you, it matters to us.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A mental health charity for children, young people and parents, ensuring that every young person receives the support that they need.

"YoungMinds Textline is powered by our trusted partners Shout 85258.





# External Agency Support for you

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**The best way for you to get support is the easiest, give Visyon a call! They'll be able to tell you what happens next. They're open from 9am to 5pm Monday to Thursday, and 9am to 1pm on Fridays.**

**When you call you'll speak to our friendly Initial Contact Team who will be able to tell you more about Visyon and what support we have on offer.**

**Call : 01260 290000**

“At Visyon we know the importance as a parent/carer of having access to good quality information, advice and ideas to allow you to support your children's wellbeing. Whether you are looking to understand the changes in your teenager's behaviour, wanting to find ways to help your child regulate their emotions or concerned about your child's sleep, there is support available from our Family Wellbeing Team.”

The following services are freely available to parents and carers living in Cheshire East

<https://www.visyon.org.uk>



Text YM to 85258

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, young minds can help.

<https://www.youngminds.org.uk/>



# External Agency Support for Parents

03

## Private Counsellors

Chelsea Garnett

07710986081

[chelsea.garnett@live.co.uk](mailto:chelsea.garnett@live.co.uk)

Sara Fone Counselling

07841645703

[sarahfonecounselling@outlook.com](mailto:sarahfonecounselling@outlook.com)

Sandy Bradshaw

07866049001

[info@sandybradshaw.co.uk](mailto:info@sandybradshaw.co.uk)

Rainbow Blossom Counselling

07952828329

[rainbowblossomcounselling@hotmail.com](mailto:rainbowblossomcounselling@hotmail.com)



# Useful apps and websites

04



kooth

Kooth - <https://www.kooth.com>

Kooth is an anonymous website to help make young people feel safe and supported. Kooth.com is an online application removing the need for Apple/Android accounts, data requirements and the stigma of mental health apps on your devices.



Calm— <https://www.calm.com> “the #1 app for meditation”

What can Calm help you with?

- Reducing stress and anxiety
- Improve sleep quality
- Improve your focus
- Self improvement
- Or something else



Headspace— <https://www.headspace.com>

Headspace is designed to motivate you to focus on yourself, using simple meditation techniques. Meditation has been shown to help people stress less, focus more and even improve sleep.

On headspace, there is mediation focused on specific areas, such as sleep, positivity, anxiety, self esteem and confidence for example.

MeeToo:

Worried? Confused? Curious? MeeToo helps you talk about difficult things. is designed for people aged 11+. Age banding means you chat with people who are a similar age to you. This makes it easier for you to help each other through tough times. With MeeToo you can: Ask anonymous questions about literally anything. Get advice from other people of a similar age. MeeToo has been designed with young people from across the UK. [It is featured on the NHS](#)



# Useful apps and websites



## Cove

Improve your mental health by making music



## SAM

Self-help for Anxiety Management – a self-help app to learn to manage anxiety.



## What's up?

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more



## Mindshift.

An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it



## Smiling minds.

**Practice your daily meditation and mindfulness exercises from any device.**

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

We suggest 10 minutes a day.



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05

## School Support

**Designated Safeguarding and Mental Health Lead:**

Chris Yew

**Deputy Safeguarding lead:**

Miss A Nicholson

**Key stage 3:**

Miss J Aspinall

Mrs L Madden

**Key Stage 4:**

Mrs L Ratcliffe

Mrs J Maunder

Mrs J Teasdale

**Inclusion:**

Miss A Nicholson

Mrs C Vaughan

**Connect:**

Mrs D Jackson





# Distraction techniques

As recommended by nshn

06

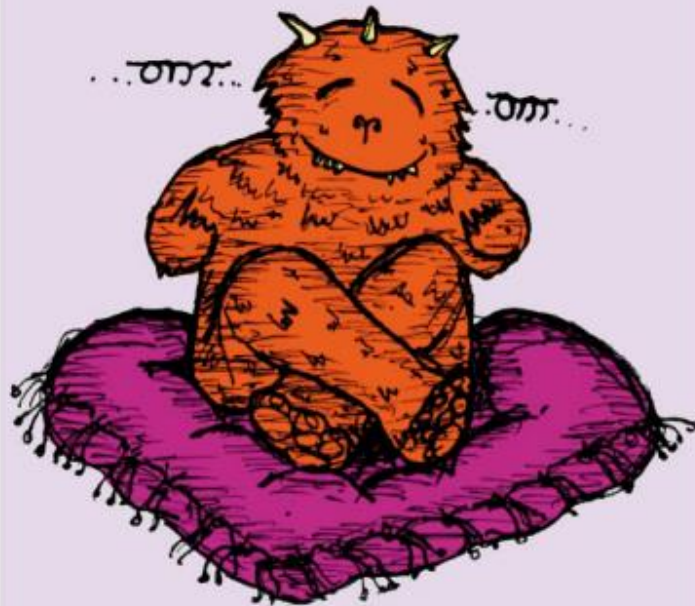
## DISTRACTIONS WITH OTHERS

1. Generally being with other people
2. Phoning a friend
3. Helping someone else
4. Going to a public place
5. Visiting a friends
6. Hugs
7. Talking about your problems with someone close to you that knows what you are going through



## INSPIRING

1. Looking up into the sky, cloud watching or star gazing
2. Watching a candle burning
3. Meditating
4. Picking an object a shell or rock for example and focusing on it very closely
5. Look at works of art
6. Watch fish, birds or butterflies
7. Yoga/Tai chi



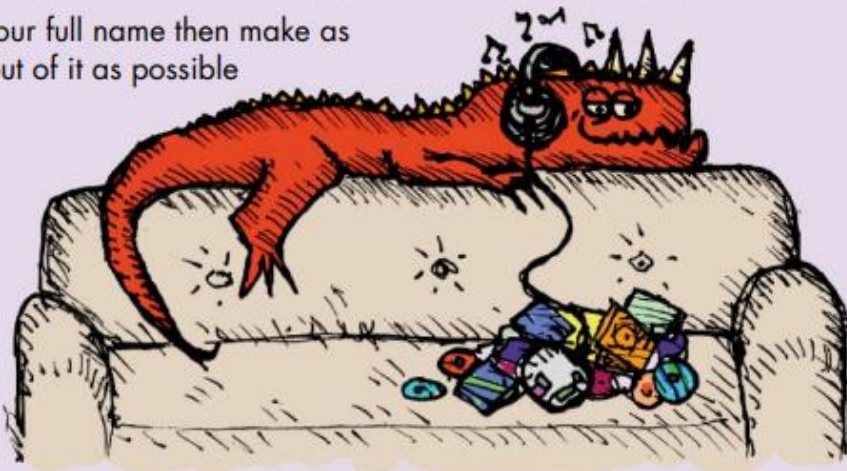


# Distraction techniques

As recommended by nshn

## FUN

1. Watching your favourite TV show
2. Going to see a film, watching a DVD
3. Surf the internet
4. Listen to music, download new music
5. Dressing up, glamorous or silly
6. Using make up or face paints
7. Finger painting
8. Colouring in
9. Playing with play dough or modelling clay
10. Pop balloons
11. Jumping in puddles
12. Hunting for things on EBay
13. Planning an imaginary party
14. Looking for your perfect house in the paper
15. Write down your full name then make as many words out of it as possible
16. Counting anything, patterns on wallpaper, bricks on a wall, ceiling tiles
17. Playing computer games
18. Colouring or scribble over pretty women in magazines or cutting up magazines
19. Building things from Lego then destroy them and rebuild
20. Going to the zoo and renaming all the animals
21. Playing with a distraction toy such as a bedlam cube, geomag, or a tangle
22. Doing crosswords, word searches, suduko etc.
23. Naming all your soft toys
24. Play with a slinky
25. Going shopping to treat yourself





# Distraction techniques

As recommended by nshn

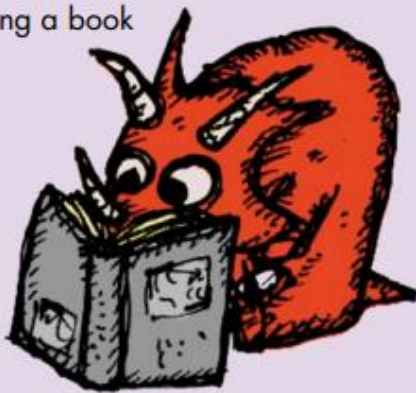
## COMFORTING

1. Cuddling a soft toy/pillow
2. Allowing yourself to cry
3. Sleeping
4. Taking a shower or bath
5. Playing with a pet
6. Drinking hot chocolate
7. Wearing your pyjamas and watching daytime TV
8. Having a massage or massaging your own hands and feet



## CONSTRUCTIVE

1. Doing school work, homework, paperwork
2. Writing a to do list
3. Untangling necklaces, string, wool
4. Organising your room, clothes photographs
5. Cleaning
6. Organising CD's, DVD's and books in genres, alphabetical and/or chronological order
7. Reading a book
8. Cooking, bake a cake or make cookies, meal
9. Calling a helpline, Samaritans, child line etc
10. Polishing furniture, jewellery
11. Posting on web forums/reply to posts
12. Writing a list of positive things in your life
13. Shredding
14. Dying hair
15. Painting your nails
16. Putting on false nails
17. Putting on fake tan
18. Stamping on cans for recycling (with sturdy shoes on)
19. Gardening



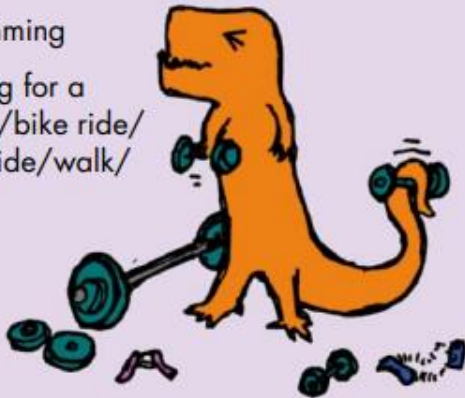


# Distraction techniques

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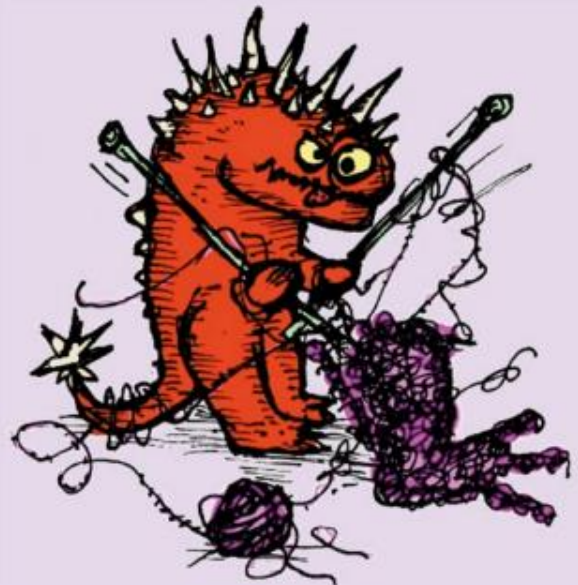
## PHYSICAL

1. Exercise - Sit ups etc.
2. Going to the gym
3. Punching a punch bag
4. Having a pillow fight with the wall
5. Shouting and screaming
6. Ripping up paper into small pieces
7. Popping bubble wrap
8. Popping balloons
9. Playing with a stress ball
10. Plucking your eyebrows
11. Taking your anger out on a soft toy
12. Throwing socks against the wall
13. Dancing
14. Stamping your feet (with boots on)
15. Playing catch with a ball
16. Swimming
17. Going for a drive/bike ride/  
bus ride/walk/  
run



## CREATIVE

1. Writing poetry, journals, letters, stories etc.
2. Doodling or scribbling on paper
3. Playing a musical instrument
4. Singing
5. Knitting
6. Sewing
7. Crocheting
8. Drawing or painting
9. Origami
10. Memorising poetry or song lyrics
11. Making a mix tape, compilation of your favourite music





# Distraction techniques

As recommended by nshn

## DISPLACEMENT

1. Drawing on yourself in red marker
2. Snapping an elastic band on your wrist
3. Putting on fake or henna tattoos and then peeling them off
4. Putting plasters or bandages on where you want to self-harm
5. Mix warm water and food colouring and put it on your skin
6. Make ice cubes with added red food colouring and rub them on where you want to self-harm
7. Squeezing ice cubes
8. Chewing leather
9. Use stage makeup to create fake injuries
10. Use skin coloured plasticine, smear it on your skin, cut into the plasticine (carefully) pour fake blood or food colouring into the fake cut.
11. Draw yourself or around your arm on a piece of paper, draw the harm you are imagining then destroy the picture
12. Take a photo of yourself when you are feeling upset, write all over it how you are feeling then destroy the picture.
13. Take a hot shower and use a good exfoliating body wash and a sponge or glove and scrub!
14. Draw over all your old scars, which will provide a repetitive action and hopefully will relieve urges.
15. Bite into a chilli

## REINFORCING

1. Thinking about not wanting scars in the summer
2. Thinking about not wanting to go into hospital
3. Set yourself a target e.g. 10 minutes and promise yourself not to harm in this time, once you get to the 10 minute point, set a new target of 15 minutes and continue
4. Use a glowstick, when you feel the urge to harm, snap the glowstick to start it glowing tell yourself that you can't harm until it stops glowing. The glow will last for a few hours by which time your urges will hopefully have passed



# Space for my thoughts.....



# Space for my thoughts.....



# Space for my thoughts.....