



**Malbank School
& Sixth Form College**

“Rejoice in being the best we can be”



Parental Support for Mental Health



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

☎ 01270611009

✉ admin@malbank.Cheshire.sch.uk



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Urgent Care



01



Cheshire and Wirral Partnership 
NHS Foundation Trust

CWP Mental Health Crisis Line

If your child's 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

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 Parents

02



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/support-for-parent>



Caring for a young person can be a joy, but it can also bring immense stress, fear and loneliness when you're not sure how to respond to your child's problems. Charlie Waller offer a wealth of expert, evidence-based articles and resources for parents and carers, on a range of topics relating to the mental health of children and young people, which are being regularly added to.

<https://charliewaller.org/parents-and-carers>



External Agency Support for Parents

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Private Counsellors

Chelsea Garnett

07710986081

chelsea.garnett@live.co.uk

Sarah Fone Counselling

07841645703

sarahfonecounselling@outlook.com

Sandy Bradshaw

07866049001

info@sandybradshaw.co.uk

Rainbow Blossom Counselling

07952828329

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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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