

Mentoring services

Bright Paths

Yes mentoring - 1:1 online mentoring for 11-18
brightpaths.org.uk



Opendoor

If you live in Bedford Borough or North Central Beds you can call, text or email to register for up to **12 sessions** of **free**, confidential counselling.
www.bedfordopendoor.org.uk
Tel: 01234 360388 **Text:** 07922 105200



Sorted

Free counselling for young people aged 10-25
<https://sortedbedfordshire.org.uk>



The Mix

Provides 'Essential support for under 25's' Get information and support via online chat, phone or their crisis messenger service. 24/7 crisis support across the UK. You can text THE MIX to 85258
www.themix.org.uk



Tilehouse

Free counselling service for young people under the age of 19 who are suffering from emotional difficulties and feel they need to talk.
www.tilehouse.org



Kooth

Kooth is a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with counsellors and qualified emotional wellbeing practitioners. www.kooth.com



PARENT SUPPORT

Supporting and progressing families

8 week online programme run by Central Bedfordshire for parents facing challenging behavior.
the pastoral team can make a referral for you.

Kidstime- Monthly sessions at Arlesey youth club for parents and children who have a mental health need.

The Rebuild programme- for women living with domestic violence.
www.centralbedfordshire.gov.uk/info/191/domestic_abuse/1394/the_rebuild_programme

Parent line- Text Support for Parents and carers of 0-19.
07507331456

For day to day Pastoral matters in the first instance please contact your child's form tutor or head of year
Please visit our website for more information and support www.Etonbury.org.uk



ETONBURY
ACADEMY

FAMILY INFORMATION LEAFLET

We know that being a parent/carer isn't always easy. If you're worried about your child or young person's emotional well being, please find a list of both local and national resources



Internet Safety

Online safety tips for parents and students as they navigate secondary school.

www.internetmatters.org

www.ceopeducation.co.uk

www.childnet.com

www.iwf.org.uk

www.nspcc.org.uk/keeping-children-safe/online-safety

www.childline.org.uk

Emotional wellbeing



Alumina - Alumina is a free, online 7 week course for young people aged 10-17 struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses are run by friendly, trained counsellors and volunteer youth workers.

Lumi Nova



Lumi nova is a free therapeutic gaming app to help 7-12 year olds with anxiety or other phobias. Fun to play and provides goal based help, using Cognitive Behavioral Therapy (CBT) No professional referral needed

Calm Harm 12+



Calm Harm is a free app to help teenagers manage the urge to self-harm. Provides tasks that help you resist or manage the urge to self-harm

Shout 85258



Free 24/7 mental health text support in the UK. Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support

Daylio



Enables you to keep a private diary without having to type a single line. Daylio is an easy-to-use journaling app that helps you track your moods, habits and activities quickly.

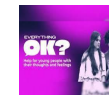
Wysa



Is an emotionally intelligent chatbot that uses AI to react to the emotions you express. It is designed by therapists and psychiatrists and offers a range of support for your mental health. Age 12+

www.everything-ok.co.uk

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings



Young Minds

www.youngminds.org.uk Young minds provides young people with the tools to manage their mental health. For under 16's



CAMH

CAMHS provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems.



CAMH Children and young people's Padlet



CAMH Parent and Carer Padlet

