The background of the entire image is a close-up, vertical shot of numerous green bamboo stalks. The stalks are vibrant green with visible nodes and a slightly glossy texture. They are arranged in a dense, vertical pattern, creating a rhythmic visual effect.

Your Guide to Wellbeing Resources 2023/24

Mental Health is a big issue for young people:

- 1 in 10 children have a diagnosable mental health disorder—that's roughly 3 children in every classroom (i)
- 1 in 5 young adults have a diagnosable mental health disorder (ii)
- Half of all mental health problems manifest by the age of 14, with 75% by the age of 24 (iii)
- Almost 1 in 4 children and young people show some evidence of mental ill health (including anxiety and depression) (iv)
- In 2015 suicide was the most common cause of death for both boys (17% of all deaths) and girls (11%) aged between 5 and 19 (v)
- 1 in 12 young people self-harm at some point in their lives, though there is evidence that this could be a lot higher. Girls are more likely to self-harm than boys. (vi)

References

- i. Green H et al (2005) Mental health of children and young people in Great Britain, 2004. Basingstoke: Palgrave MacMillan.
- ii. Green H et al (2005) Mental health of children and young people in Great Britain, 2004. Basingstoke: Palgrave MacMillan.
- iii. Kessler RC et al. (2005). 'Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication'.
- iv. ONS (2016) Selected Children's Well-being Measures by Country: 3
CentreForum (2016) Commission on Child
- v. Office for National Statistics

<https://youngminds.org.uk/about-us/media-centre/mental-health-stats/>

If you need some help while you're in school there are options available to you:

There are members of staff you can **talk** with such as:

your Tutor,

your PSO:



Mrs Palmer for Y7-9 Mrs Denman for Y10-11, Mrs. Rickard for Sixth Form,



Any Safeguarding Officer, the Chaplain Rev. Paddison, the School Nurse (Office in Sports Hall), the Assistant Heads, Mrs Birch the Deputy Head/Pastoral or any member of staff you feel able to talk to.

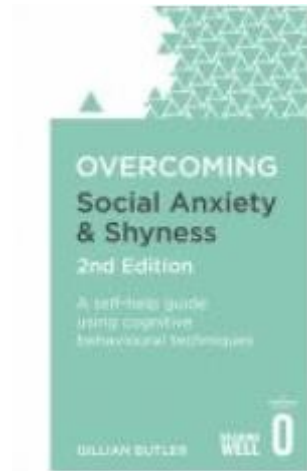
There is a selection of **Leaflets** available in the Wolfson Room, upstairs in the Library. These cover a wide range of topics including mental health, sexual health and LGBTQ and are free to browse or keep.

As well as talking, you may like to find out more by reading relevant books.

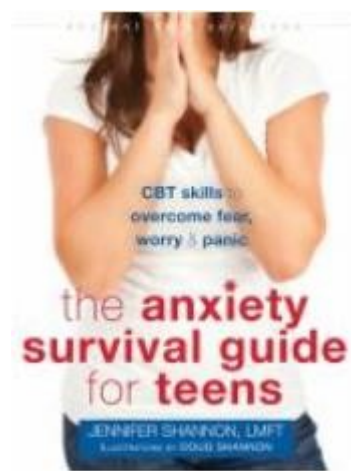
Turn over to see what's available to borrow from your school Library



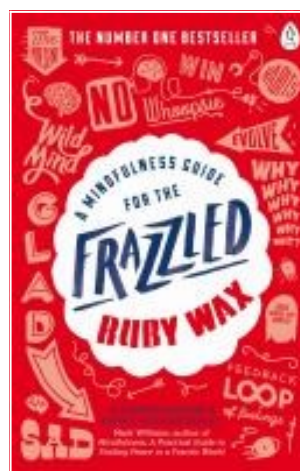
Anxiety, Worry and Panic



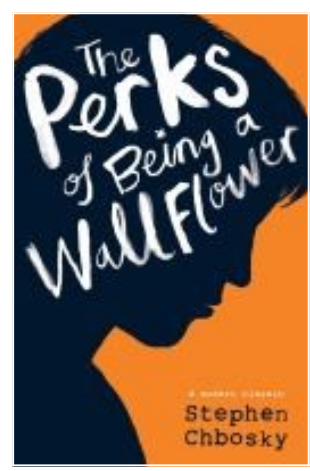
152.46 BUT



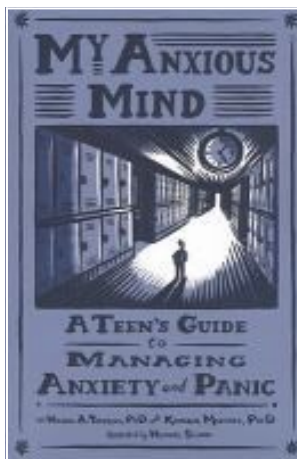
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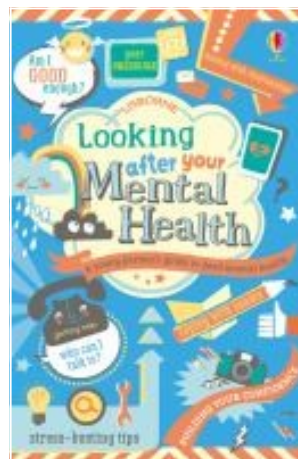
158.1 WAX



CHB Screen Reads



155.5 TOM

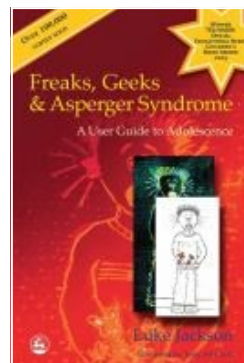


616.89 JAM

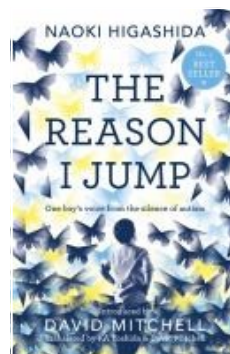
Autism and Asperger Syndrome



HAD Mystery

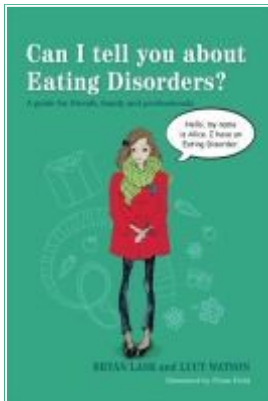


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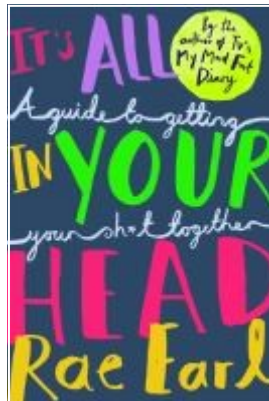


616.85 HIG

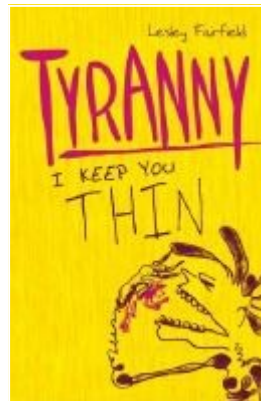
Body Image and Eating Disorders



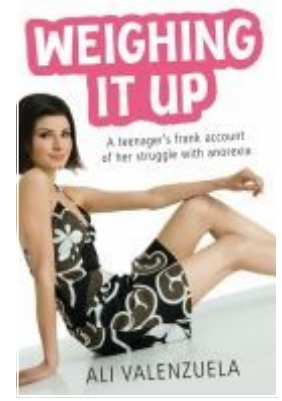
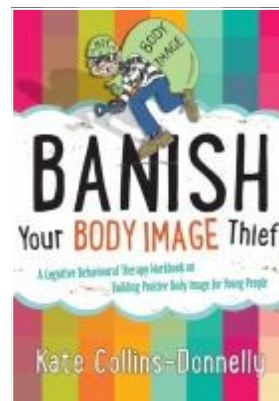
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616.85 EAR

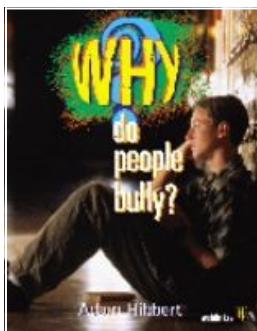


FAI Graphic Novel 306.4613COL

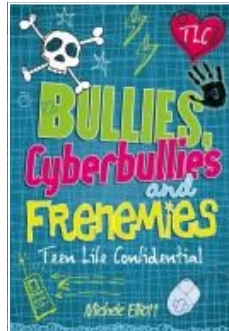


362.196092VAL

Bullying



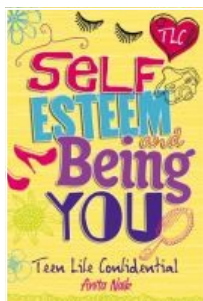
362.76 HIB



ELL Factual Reading JAN Factual Reading 302.343



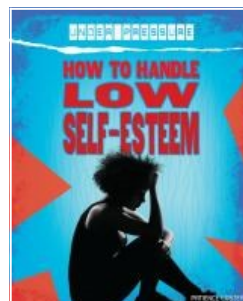
Confidence and Self-esteem



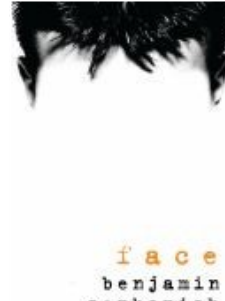
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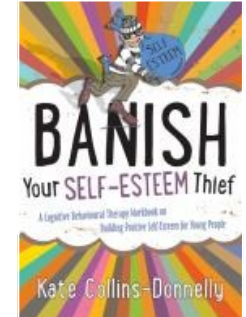
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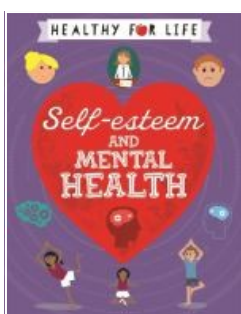
158.1



ZEP Young adult



158.1 COL

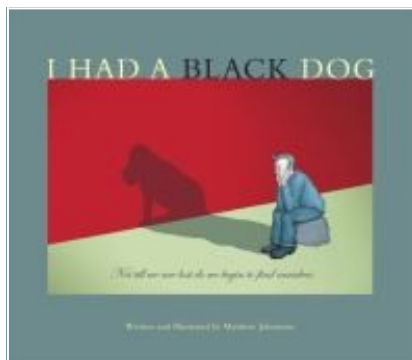


158.1 CLA

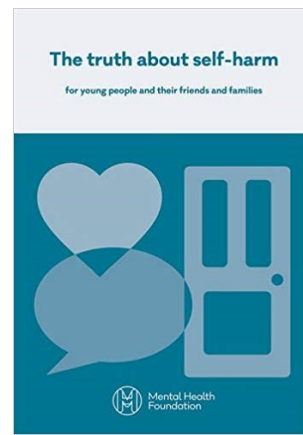
Depression



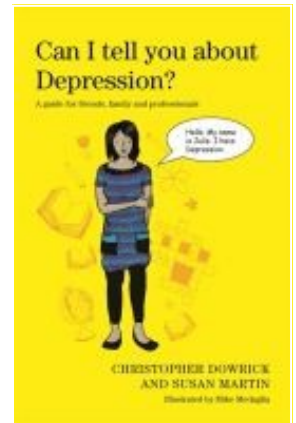
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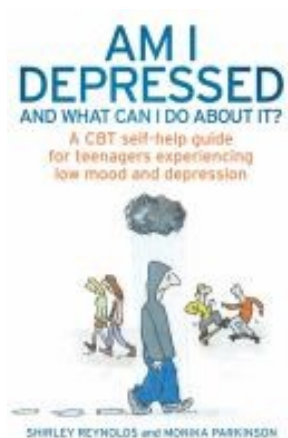
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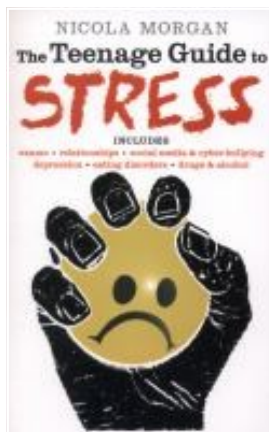
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616.8527 DOW



616.8527 REY

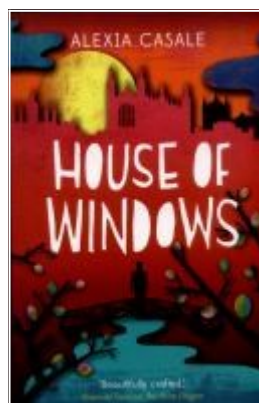


155.9 MOR

General



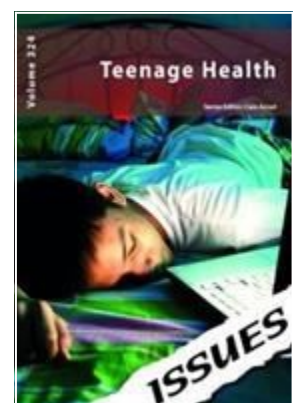
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CAS Young Adult



NEF Fiction

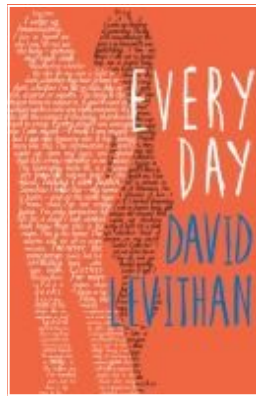


613 ACR

General



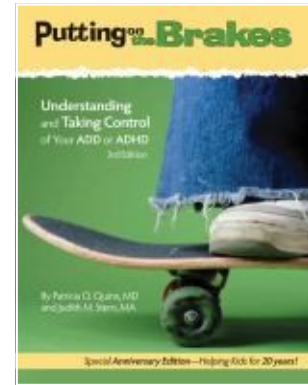
158.1 SED



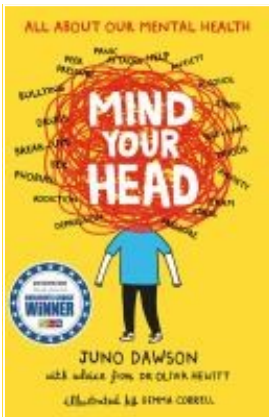
LEV Young adult



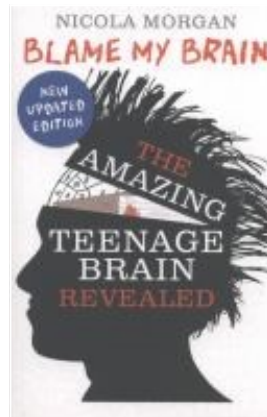
BRA Fiction



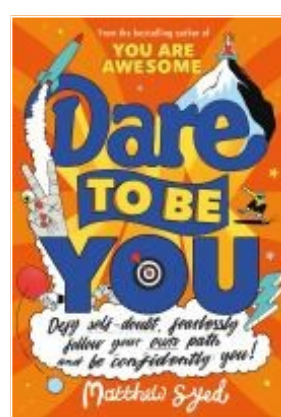
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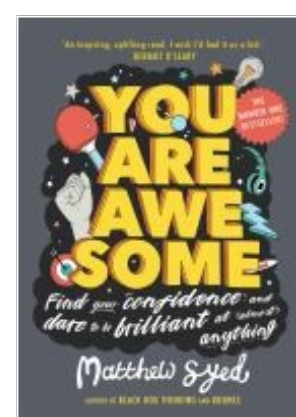
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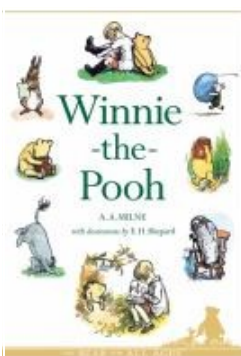


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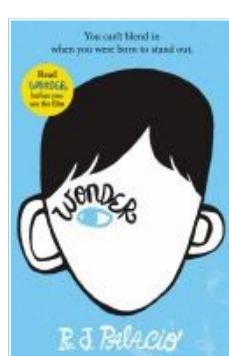


158.1 SYE

Mood Boosting



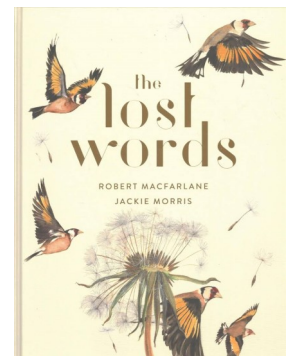
MIL Classics



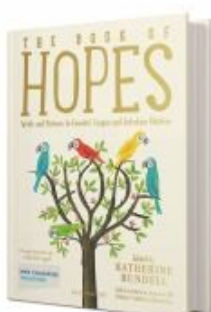
PAL Real life issues



821.9208 HOS 828.9202 MOR

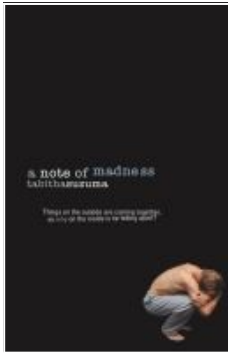


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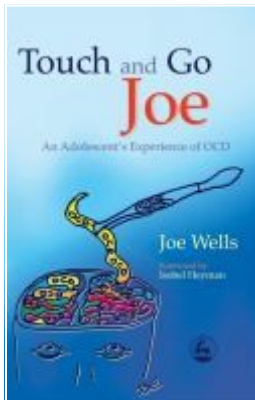
820.80092 RUN

Mood Swings

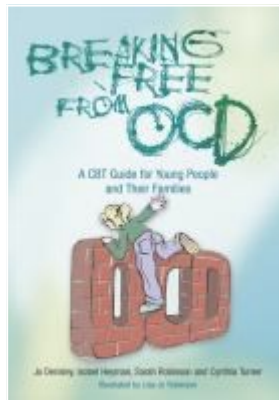


SUZ Real life issues

OCD



616.8522 WEL



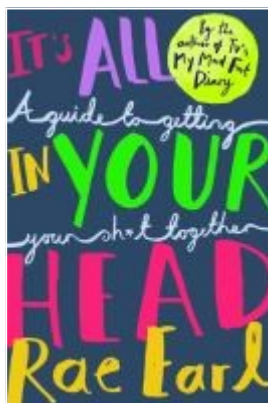
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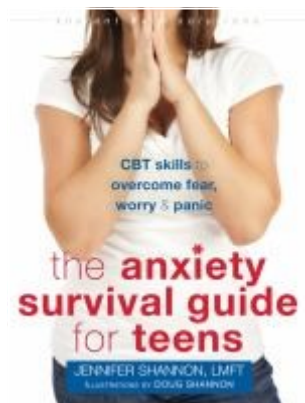
THO Mystery



TOT Romance

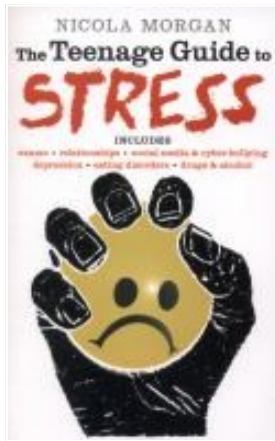


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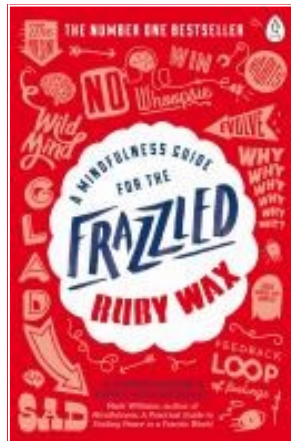


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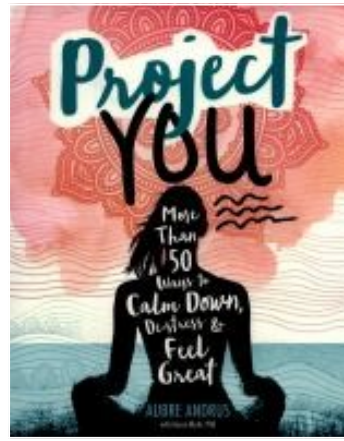
Stress



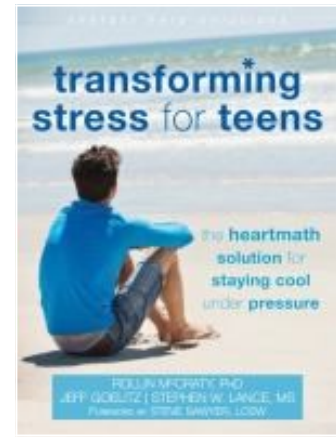
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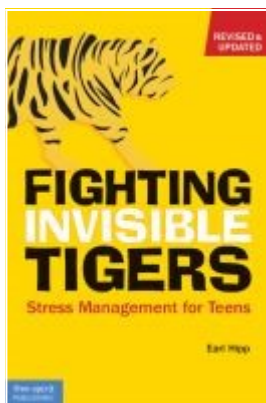
158.1 WAX



155.5189 AND



155.9



155.9 HIP



155 BAL

We hope you find these books really useful, however, they are not an alternative for medical care.

If you feel you need help, ask for it.

The next pages have a list of Mental Health services available in Peterborough and around the UK

Where to get help

If you are experiencing a mental health crisis, **call 111 option 2**. It is the NHS first response service and people living in Cambridgeshire and Peterborough can access a mental health team **24/7** when they call **111**.



MIND Infoline

0300 123 3393
Mon—Fri 9am-6pm
enquiries@cpslmind.org.uk

Childline / NSPCC

Childline—Help for children and young people
0800 1111 available 24/7
www.childline.org.uk

Lifeline

Cambridgeshire and Peterborough Mental Health Helpline
Freephone 0808 808 2121
11am –11pm every day

Lifeline is a free, confidential and anonymous telephone helpline service that is available 365 days a year. The Line provides listening support and information to someone experiencing mental distress, or carers of those in distress.

<http://lifecraft.org.uk/our-services/lifeline/>

Samaritans

116 123 (UK Freephone)
available 24/7
jo@samaritans.org



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

This is a free online counselling service providing information and support for people aged 11—24. The service is available 365 days a year. www.kooth.com

Anxiety UK

Helpline: 08444 775 774
www.anxietyuk.org.uk
Available 9:30am to 5:30pm Monday to Friday (except bank holidays)

LGBT Switchboard

<https://switchboard.lgbt/>
0300 330 0630 Available 24/7

Cambridgeshire & Peterborough C&YP Mental Health

KeepYourHead

This website is a central point for information on children and young people's mental health and wellbeing. It points you to important online information

www.keep-your-head.com/cyp