

**HTCS**


Student Support Guides





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This Guide is to be utilised by Year leaders/teams to support students and their families in finding the correct support for health and well-being issues that they are experiencing. This is to supplement staff-student-parent/carer conversations and not to replace these. In each sub-guide are a series of resources that students can use to support their mental health and well-being via different means. We at High Tunstall, hope this helps and supports you.

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## The Purpose of the Guide



# Contents

Please find A4 support guides with a variety of supportive resources for students and parents in the following areas:

- Anxiety
- Depression
- Eating
- Sleeping
- Bereavement
- Health
- Home
- Friendships
- Learning





## Helpful Websites

**NHS:** Try listening to this 6 minute anxiety control training audio guide. Dr Chris Williams talks about how to relax and beat your anxieties, today and in the long term -

<https://www.nhs.uk/conditions/generalised-anxiety-disorder/self-help/>



**Anxiety UK:** is a charity providing support if you have been diagnosed with an anxiety condition.

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



## Helpful APPs



**Calm:** Sleep, meditation, and relaxation are in your hands with Calm, a popular mindfulness app, Calm features nature sounds and sleep stories to help lull you into relaxed sleep.

**BreathWrk:** If you have anxiety, you've probably tried a breathing exercise or two to help calm yourself. The Breathwrk app takes the science of breathing exercises even further by curating a collection of breathing exercises based on your goal: falling asleep, feeling relaxed, feeling energized, and alleviating stress.



## Tunny Top Tips

**Exercise regularly** - Regular exercise, particularly aerobic exercise, may help you combat stress and release tension. It also encourages your brain to release serotonin, which can improve your mood.

**Learn to relax** - As well as regular exercise, learning how to relax is important. You may find relaxation and breathing exercises helpful, or you may prefer activities such as Yoga or Pilates to help you unwind.

**Avoid caffeine** - Avoid smoking and drinking

**Contact support groups** - Support groups can give you advice on how to manage your anxiety. They're also a good way to meet other people with similar experiences.

## Who can I speak to for more support?

For more information please speak to your tutor, Year Leader of SSO. If you would like any further advice and guidance in school please speak to Mr Leary.

Mr Leary is usually based in the North Building but will be regularly around College each day. He will be available at the end of the school day for conversations.



# HTCS Support Packs: Anxiety

### Description

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam, or having a medical test or job interview.

During times like these, feeling anxious can be perfectly normal. But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...



## Helpful Websites

### Young Minds:

Information on child and adolescent mental health.

Services, including useful help, guidance and support on Depression.

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



### Samaritans:

Confidential support for people experiencing feelings of distress or despair.



**Phone: 116 123 (free 24-hour helpline)**

**Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)**

## Helpful APPs



### Moodpath: Depression & Anxiety:

Unsure of what your moods mean? Moodpath offers a mental health assessment that can help you make the judgment call about exploring professional treatment.

**Youper:** An assistant for managing depression. Chat back and forth with your assistant, who asks prompts that encourage you to think about your thought patterns. The app walks you through techniques you may need in the moment.



## Tunny Top Tips

- **Stay in touch** with people and talk
- Be more **active**
- **Face your fears** and challenge them – so not try to put them to one side
- **Avoid substances**
- Eat and drink **healthily**
- Give yourself a **routine**
- **Stay in the present** and try to avoid thinking about the past or the future

## Who can I speak to for more support?

For more information please speak to your tutor, Year Leader of SSO. If you would like any further advice and guidance in school please speak to Mr Leary.

Mr Leary is usually based in the North Building but will be regularly around College each day.

He will be available at the end of the school day for conversations.



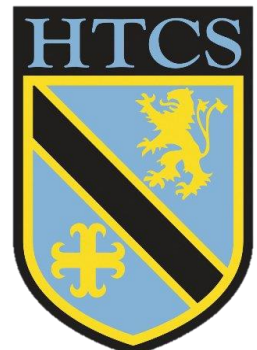
# HTCS Support Packs: Depression

### Description

Depression is more than simply feeling unhappy or fed up for a few days.

Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days. Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression is not a sign of weakness or something you can "snap out of" by "pulling yourself together".

The good news is that with the right treatment and support, most people with depression can make a full recovery. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...



## Helpful Websites

**Beat** - is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders. Eating disorders are serious mental illnesses that ruin and, too often, take lives. Go to <https://www.beateatingdisorders.org.uk/> for more details and contacts.



**NHS – ONE YOU** – Go to <https://www.nhs.uk/oneyou/for-your-body/eat-better/> to discover more from the NHS about general health improvement linked to eating and diet.

## Helpful APPs



**Recovery Record: Eating Disorder Management:** This app is designed to be a smart companion for managing your recovery from a variety of eating disorders. Keep a record of meals, thoughts, and feelings

**Rise Up + Recover:** If you struggle with food, dieting, exercise, and body image, Rise Up + Recover offers an empowering range of tools to help you find success. The app is based on self-monitoring homework, a key aspect of cognitive behavioural therapy.



## Tunny Top Tips

- Base your meals on **higher fibre starchy carbohydrates**
- Eat lots of **fruit and veg**
- Eat **more fish**, including a portion of oily fish
- **Cut down on saturated fat and sugar**
- **Eat less salt:** no more than 6g a day
- **Get active** and be a healthy weight
- **Do not get thirsty**
- **Do not skip breakfast**

For eating Disorders

\* If you think you may have an eating disorder, even if you're not sure, see a GP as soon as you can. They'll ask you questions about your eating habits and how you're feeling, and will check your overall health and weight. If they think you may have an eating disorder, they should refer you to an eating disorder specialist or team of specialists.

## Who can I speak to for more support?

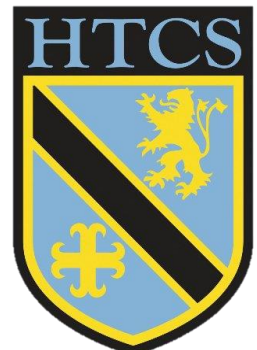
For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact either Mrs Stobbs or Mrs Whitaker. Mrs Stobbs is usually based in the SL office on the Second floor but will be around College each day. Mrs Whitaker is based in reception.



# HTCS Support Packs: Eating

## Description

An eating disorder is when you have an unhealthy attitude to food, which can take over your life and make you ill. It can involve eating too much or too little, or becoming obsessed with your weight and body shape. But there are treatments that can help and you can recover from an eating disorder. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...





## Helpful Websites

**NHS – Live Well** – Please visit <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/> for up to date advice in relation to sleeping and tiredness and strategies to help.



**Mind** – Please visit <https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/> to look at how sleep can affect Mental Health and what help there is to support you with sleeping difficulties and the importance of good rest.



## Helpful APPs

**Sleep Cycle:** Sleep Cycle monitors your sleep patterns and offers detailed statistics and daily sleep graphs so you can get a better understanding of what's going on when you hit the hay – or what may be interfering with a good night's sleep.



### **Relax Melodies: Sleep Sounds:**

Choose sounds and melodies to customize and mix on Sleep Melodies to lull yourself to sleep, or try Sleep Moves. These sleep-inducing programs feature guided exercises with a pillow to help you enjoy restful sleep, and they've been approved by health and sleep professionals.



## Tunny Top Tips

- **Limit screens** in the bedroom
- **Exercise** for better sleep
- **Don't binge** eat before bedtime
- **Cut** out the **caffeine**
- Have a **good routine**
- Create a **calm, dark, quiet, sleep-friendly** bedroom
- **Avoid** long weekend **lie-ins**
- **Talk through any problems** before bed

## Who can I speak to for more support?

For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact either Mrs Stobbs or Mrs Whitaker. Mrs Stobbs is usually based in the SL office on the Second floor but will be around College each day. Mrs Whitaker is based in reception.



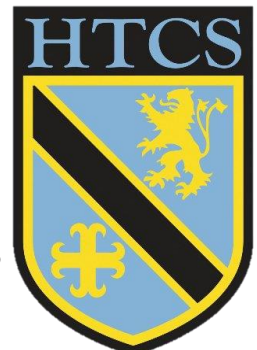
# HTCS Support Packs: Sleeping

### Description

We all have evenings when we find it hard to fall asleep or find ourselves waking up in the night. How we sleep and how much sleep we need is different for all of us and changes as we get older.

Sleep problems usually sort themselves out within about a month. But longer stretches of bad sleep can start to affect our lives.

It can cause extreme tiredness and make usually manageable tasks harder. If you regularly have problems sleeping, you may be experiencing insomnia. Insomnia can last for months or even years, but usually improves if you change your sleeping habits. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...





## Helpful Websites



**Alice House Hospice** – Hartlepool Alice House hospice is a local registered charity available to provide additional bereavement support, should a child or young person appear 'stuck' in the grief process.



**Winston's wish** - <https://www.winstonswish.org/> Winston's wish is a registered charity providing additional advice online, during the current Coronavirus situation. Helpline – 08088 020 021 or text WW to 85258



**Young minds** - <https://youngminds.org.uk/findhelp/feelings-and-symptoms/grief-and-loss/> Young minds is a registered charity designed to support different areas of mental health.



**Child Bereavement UK** charity [www.Childbereavement.org](http://www.Childbereavement.org) Helpline 08000288840, offer a free online live chat service and a helpline to offer advice to adults supporting children through a bereavement.

## Helpful APPs

**Apart of Me: Who's it for?** - Young people aged 11+.

**What's it about?** - Players explore a magical world, completing quests and hearing real stories from other young people. Designed by a child psychologist, the game uses counselling techniques to help players come to terms with their feelings.

**How do I get it?** - Free on the iOS App Store and Google Play



**Child Bereavement UK: Who's it for?** - For young people aged 11-25 who've been bereaved. It can also be used by parents, teachers and friends.

**What's it about?** - The app was developed by a group of young people and charity Child Bereavement UK and has information about bereavement, coping with feelings, and finding support.

**How do I get it?** - Free on the iOS App Store and Google Play.



## Tunny Top Tips



- Try **talking** about your feelings to a friend, family member, health professional or counsellor
- Try the ways (in brackets below) to feel happier, which are **simple lifestyle changes** to help you feel more in control and able to cope (keep healthy, avoid substances, get active, manage your stress levels, use breathing techniques, enjoy yourself, boost your self esteem, talk and share, sleep well and build u your resilience).
- Find out about how to get to **sleep** if you're struggling to sleep
- Consider **peer support**, where people use their experiences to help each other. Find out more about peer support on the Mind website
- Listen to free **mental wellbeing audio guides**
- Search and **download relaxation and mindfulness apps** or online community apps from the NHS Apps library

## Who can I speak to for more support?

For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact Mrs Burton. Mrs Burton is usually based in the Independent Learning Hub and will be available at the end of the school day for conversations



# HTCS Support Packs: Bereavement

## Description

If you have suffered a loss of a family member or friend during this time whether in relation to Covid-19 or not, please see attached a variety of resources for you and others to utilise to help at this time ...



## Helpful Websites

**LIVE WELL (NHS)** – Visit <https://www.nhs.uk/live-well/> to get up to date Advice, tips and tools to help you make the best choices about your health and wellbeing in a number of different health-related areas.

### **Young Minds:**

Information on child and adolescent mental health.

Services, including useful help, guidance and support on Depression.

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



## Helpful APPs



**NHS Go:** The NHS Go app provides young people with confidential health advice and greater access to health information. You can find local services in some areas and learn about health and your rights as a user of the NHS.

**Fabulous: Self Care:** Build healthy habits with Fabulous so you can enjoy a healthier, happier life. The app takes a holistic approach that motivates you to be more productive. You'll maximize energy levels, find more focus, lose weight, and sleep better — just follow the app's prompts.



## Tunny Top Tips



Physical

- **Get active**
- **Manage your weight**
- **Eat more fibre**
- **Cut down on saturated fat**
- **Get your 5 A Day**
- **Cut down on salt**
- **Read the food label**

Mental

- **Connect with other people** - do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people
- **Learn new skills**
- **Give to others**
- **Pay attention to the present moment**

## Who can I speak to for more support?

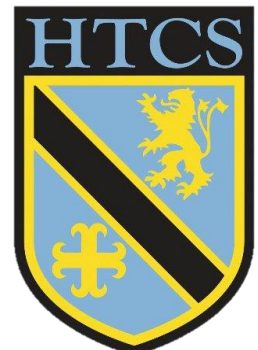
For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact either Mrs Stobbs or Mrs Whitaker. Mrs Stobbs is usually based in the SL office on the Second floor but will be around College each day. Mrs Whitaker is based in reception.



# HTCS Support Packs: Health

### Description

It is important to remember our physical health during these times as well as our mental health as one affects the other. Physical health can be affected by the lockdown, sleeping patterns, allergies, illness and so on. It is important to engage in a healthy lifestyle physically to support a healthy lifestyle mentally. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...



## Helpful Websites

**Childline:** Get help and advice about a wide range of issues from family problems, to anxieties around returning to school and friendship problems. Call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.

**childline**

**NSPCC**

**NSPCC:** The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover. Help for children and young people  
Call Childline on 0800 1111.

## Helpful APPs



**MeeTwo:** The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

**ThinkNinja:** ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.



## Tunny Top Tips

- **Stay connected with others** - Maintaining healthy relationships with people you trust is important for your mental wellbeing
- **Talk about your worries** - Remember: it is OK to share your concerns with others you trust – and doing so may help them too.
- **Look after your body** - Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking, drugs or drinking too much alcohol.
- **Stay on top of difficult feelings** - Try to focus on the things you can control, such as how you act, who you speak to and where you get information from.
- **Carry on doing things you enjoy**
- **Take time to relax**
- **And get good sleep** - Good-quality sleep makes a big difference to how we feel, so it's important to get enough

## Who can I speak to for more support?

For more information please speak to your tutor, Year Leader of SSO. If you would like any further advice and guidance in school please speak to Mrs Wood.

Mrs Wood is usually based in the Heart but will be regularly around College each day. She will be available at the end of the school day for conversations.



# HTCS Support Packs: Home

## Description

As many people and families have been through lockdown this has involved the large majority of time in the home. Relationships may have become strained, you may have been abused or neglected in some way or feel like you have had no way out on many occasions. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...





## Helpful Websites

**tootoot**  
make a noise

&



Tootoot is a safe & secure web-based tool for you to report incidents of bullying, problems you could be having in school/outside of school or any issues that may be concerning you in an anonymous, confidential and discrete manner. This is especially important at this time of Covid-19 lockdown and restrictions. These individual cases are monitored, managed, and resolved by staff/members within the school. If you do not have your log in details you can e-mail Miss Gunn for them at: [cgunn@hightunstall.hartlepool.sch.uk](mailto:cgunn@hightunstall.hartlepool.sch.uk)

Students can access tootoot on a web-enabled device (computers, laptops, tablets and mobiles) by following these 4 simple steps:

Step 1: Type [www.tootoot.co.uk](http://www.tootoot.co.uk) into their web browser

Step 2: Click 'Login to tootoot'

Step 3: Start typing the school name (High Tunstall College of Science) and select it from the box

Step 4: Enter username and password, and log their concern with the school

For more information visit [www.tootoot.co.uk](http://www.tootoot.co.uk) or email [info@tootoot.co.uk](mailto:info@tootoot.co.uk)

## Helpful APPs



**MeeTwo:** The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

**Motivation – Daily Quotes:** Quotes can seem kind of cheesy sometimes, but the right quote at the right time can give you the boost you need. This app contains thousands of quotes for any time, place, or mood, including sadness, focus, friendship, studying, and much more.



## Tunny Top Tips

- **Be empathetic** – use understanding and listening rather than insincere sympathy
- **Use your body language** – think about being open in your body language when friends are talking to you and don't seem bored or defensive
- **Get out there** – don't shut yourself away. Get talking and meeting people either face-to-face or virtually
- **Start conversations** and make sure you listen to others
- **Be kind and complimentary**

**childline**

## Who can I speak to for more support?

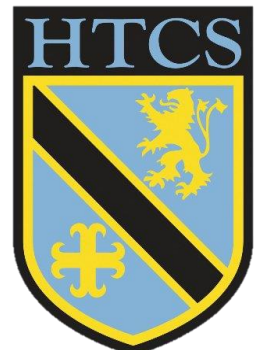
For more information please speak to your tutor, Year Leader of SSO. If you would like any further advice and guidance in school please speak to Miss Gunn or Mrs Hillyard. Mrs Hillyard leads on friendship issues and anti-bullying at HTCS and works specific days each week. To arrange contact with her please see your HoY or SSO.



# HTCS Support Packs: Friendships

### Description

You can have different types of friends or you may struggle with loneliness. On top of that, during lockdown you may have lost contact with friends, or had 'fallings out', or you may be anxious about re-engaging with friendship groups. Some friends are good for having a laugh with, or sharing your favourite hobbies. And other friends can be there when you want to pour your heart out. The number of friends you have isn't important. What matters is having friends that you're close to, who can support you and who won't try to hurt you or bully you. You might be a young carer and have less time to make friends, or you may feel shy in front of other people. But these things don't have to stop you making friends. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...





## Helpful Websites

**GCSE Pod**: This APP/Website is a useful tool for independent work, revision and preparation. It's free to download and also contains useful general advice of how to learn effectively.



**Classcharts**: This APP is used to communicate homework, for notification of achievements, behaviour and attendance.



**Century Tech**: CENTURY is an online learning tool for students. The platform identifies every student's strengths, gaps in knowledge and misconceptions

## Helpful APPs



**MYUSO**: This APP is the student portal for College work specifically.

**GCSE Pod**: This APP is a useful tool for independent work, revision and preparation. It's free to download and also contains useful general advice of how to learn effectively.



## Tunny Top Tips

- **Sleep well at regular hours**, eat and drink healthily
- Create a **timetabled structure** to your day
- **Create a study area** with no distractions at home
- Complete independent work/revision work in **30 minute chunks**
- Do **ask for help**
- Do **recall** your knowledge learned previously before you start your day

## Who can I speak to for more support?

For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact the Faculty Leader for the specific subject or Mr Hare if it is a general question about studying and revision techniques. Mr Hare is usually based in Discovery and will be available at the end of the school day for conversations



# HTCS Support Packs: Learning

## Description

As learning has become more remote, and there has been more reliance of learning independence and self-regulation, you may feel like you have been 'left behind' with your studies or not engaged as much as you wanted due to one or more reasons from a wide variety of issues. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...



If you would like any further information, please  
do not hesitate to contact HTCS at ...

High Tunstall College of Science  
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Hartlepool  
TS26 0LQ



Tel: 01429 261446  
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