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*'AS HIGH TUNSTALL LEARNERS WE  
INSPIRE ONE ANOTHER BY GETTING  
INVOLVED, BEING IMAGINATIVE AND  
ENJOYING CHALLENGES*

*AS HIGH TUNSTALL LEARNERS WE  
SUPPORT ONE ANOTHER BY SHOWING  
RESPECT, BEING POSITIVE AND  
HAVING PRIDE IN OUR COMMUNITY*

*TOGETHER, AS HIGH TUNSTALL  
LEARNERS WE CAN ACHIEVE*

*THE HIGH TUNSTALL LEARNER – EMBRACE  
EVERY OPPORTUNITY'*

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## CONTACT US

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The High Tunstall guide to ...

**STAYING SAFE  
AT HOME**

# WHY IS SPEAKING OUT IMPORTANT?



**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 wellbeing and development in this particular area ...**



## WHO CAN I SPEAK TO IF I NEED 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.**

# METHODS OF SUPPORT

## 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.



**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