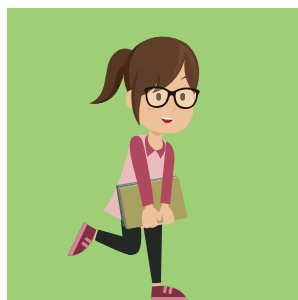


STUDENT

# Safeguarding Information



A guide to  
keeping  
yourself safe  
and where to  
find help when  
you need it.

# Introduction to Safeguarding



## What does Safeguarding mean?

Lostock Hall Academy is committed to providing a safe and welcoming environment in which to work and learn. Safeguarding involves keeping children, young people and adults safe from risk or harm. This includes a wide range of things such as:

- Bullying
- Abuse
- Sexual Exploitation
- E-safety
- Peer on peer abuse
- Female Genital Mutilation
- Domestic/relationship abuse
- Self-harm
- Forced Marriage
- Radicalisation and Extremism

The advice that follows in this booklet covers specific safeguarding issues which may affect you, or someone you know during your time at school, or that may have affected you in the past. If you feel worried, confused or upset by any of the information do not hesitate to talk to your Tutor or a member of the Behaviour for Learning Team.

# Bullying & Cyber Bullying

## What is bullying?

Bullying can take many different forms and can be physical or emotional. It involves one individual, or group deliberately hurting or upsetting another individual or group. Cyber bullying involves someone being bullied by e-mail, instant messaging, social media websites (such as Facebook) or text messages. It could be that someone is writing nasty or upsetting comments about you or perhaps uploading embarrassing photographs or videos. Being bullied can make you feel lonely and depressed and you may start avoiding social situations or feel like you don't want to come to School.

### PHYSICAL Bullying

Hitting, kicking, slapping, pinching, spitting, tripping, pushing, blocking

Stealing or destroying someone's possessions

Making mean or rude hand gestures

Touching in unwanted and inappropriate ways

### VERBAL Bullying

Name calling

Insults

Teasing

Intimidation

Homophobic or racist remarks

Inappropriate sexual comments

Taunting

Threatening to cause harm

### SOCIAL Bullying

Lying and spreading rumor's

Leaving someone out on purpose

Telling others not to be friends with someone

Embarrassing someone in public

Damaging someones social reputation or relationships

### CYBER Bullying

Posting/sending hurtful texts, emails or posts, images or videos

Making online threats

Imitating others online or using their log-in

Deliberately excluding others online

Spreading nasty gossip or rumors online

## What should I do if I'm being bullied?

Lostock Hall Academy has a zero tolerance to bullying and incidents should be reported so they can be dealt with quickly and effectively. It can be difficult to ask for help but if you talk to your tutor, a trusted member of staff or the Behaviour for Learning Team, they can help and support you and ensure the issue is tackled. You may also want to call one of the helpline numbers below or go to one of the websites where you can receive advice and support online.

If you are being bullied online or via text messages, it is important not to respond to the messages. You should save them or take a screen shot so you have a record of what has happened and report it as soon as you can. Many websites have a 'report abuse' button so that online bullies can be dealt with.

[www.bullying.co.uk](http://www.bullying.co.uk) [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) [www.ceop.police.uk](http://www.ceop.police.uk)

Childline: 0800 1111  
The Samaritans: 116 123  
for confidential advice and support.  
In some situations, the police may  
need to be involved.



## Child or Young Person Goes Missing

### From Education, Home or Care

All young people, regardless of their circumstances, are entitled to a full time education which is suitable to their age, ability, aptitude and any special educational needs they may have.

A student going missing from education, home or care is a potential indicator of abuse or neglect. LHA staff follow the procedures for dealing with students that go missing from education, particularly on repeat occasions, to help identify the risk of abuse and neglect, including sexual exploitation, and to help prevent the risks of going missing in future.

This is why the school has strict attendance and punctuality policies and will follow up all student absences. To read the LHA Attendance Policy please visit the Lostock Hall Academy website.

# Child Sexual Exploitation

## What is child sexual exploitation?

Child sexual exploitation is a situation where a young person, under the age of 18 is being pressured or forced into a sexual relationship with someone else because that person is giving them something in return. It could be that the young person is receiving money, food, drugs, housing, gifts or even just affection in return for sex.

## How does it happen?

It could be that an older person has spent a long time getting to know a young person, in order to then initiate a sexually exploitative relationship, often making them feel special by giving them gifts or lots of attention- this process is known as 'grooming.' Even if someone says they care about you and sometimes makes you feel really good, it is wrong for them to make you feel upset or frightened and it's wrong for them to try and control you or pressurise you.

## Who does it happen to?

Sexual exploitation can happen to anyone, boys or girls and sometimes it can be difficult to know when you are being exploited. It might feel like someone is being really nice to you, but that doesn't mean that they aren't going to end up doing something bad. Being sexually exploited in this way is never the fault of the young person and there are many ways in which you can get help if you find yourself in this situation.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff at LHA.

In an emergency, call 999.

Childline: 0800 11 11.

If you are concerned about a young person you can also call the NSPCC 24 hour helpline on 0808 800 5000 or text 88858.

# Domestic Violence & Abuse

## What is domestic violence and abuse?

Domestic violence is abuse, which takes place between two people over 16 who are in an intimate relationship together, or are family members. The abuse can take many forms including:

## Psychological, Physical, Sexual, Financial and Emotional abuse

Domestic abuse can happen to anyone, no matter what your gender or sexuality, and it may not always or exclusively involve violence i.e. being hit, punched or kicked.

It could be that your partner or a family member threatens you, shoves or pushes you or makes you feel scared or frightened. They may act in a very possessive or jealous way and try to control what you do and where you go, or make you feel bad about yourself by insulting you and making hurtful remarks.

## What to do if it happens to you

It can be difficult to tell someone that you are experiencing domestic violence. It may be that you feel it is your fault or that your loved one is going through a bad time and will soon change. However, this form of abuse is serious and if it happens to you it is really important that you tell someone so that you can get help. It is important to seek help before you find yourself in an emergency situation when abuse has escalated. You must remember that it is not your fault and that you are not alone.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
In an emergency, call 999.

National Domestic Violence Freephone helpline open 24 hours 0800 970 2070 or text 60777.

National Centre for Domestic Violence [www.ncdv.org.uk](http://www.ncdv.org.uk) or 0844 8044 999.

Men's Advice [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk) or 0808 801 0327.

# Fabricated or Induced Illness

## What is fabricated or induced illness?

There is a rare form of abuse known as fabricated/induced illness that is also sometimes referred to as 'Munchausen's by proxy'. This involves a caregiver (usually a parent/carer) pretending that their son or daughter is ill or faking or inducing symptoms of illnesses. This may take the form of a carer convincing their child they feel ill when they are in fact healthy, using poisonous substances to induce illness, faking medical test results or medical history and records or exaggerating or inventing symptoms. A parent or carer will usually seek medical help and their child may receive unnecessary medical treatment. Fabricated or induced illness is equally common with boys and girls.

## Why does it happen?

The motivation for carers who fabricate illness in their children is unclear, but often the perpetrators have an underlying personality disorder or other mental health issues. Victims of fabricated or induced illness can develop long-term health problems, both physically and emotionally.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
Childline 0800 1111.

If you are worried about a child contact the NSPCC [www.nspcc.org](http://www.nspcc.org) or call their 24 hour helpline on 0808 800 5000.



# Faith Abuse

## What is faith abuse?

Faith abuse is a type of abuse linked to faith, religion or belief. The belief in witchcraft, possession and supernatural forces can result in extremely serious cases of child abuse.

When faith abuse happens, adults may believe that a child has been possessed by the devil or that they are a witch and this may be used to explain any behaviour which the adult disapproves of. There may be attempts to 'cure' or punish the child, which then furthers the abuse. Children with disabilities can be at an increased risk and the abuse may come from one individual, but wider family members, communities and faith leaders may also be involved.

Abuse may be physical, emotional, sexual or may take the form of neglect.

## Is it illegal?

Faith abuse is a crime. Although everyone's religion, culture and beliefs should be respected, beliefs that lead to abuse cannot be tolerated. If this issue has affected you or someone you know it is important to seek help.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
Childline 0800 1111 / Children & Families Across Borders CFAB.org.uk or advice line: 020 7735 8941.

If you are worried about a child contact the NSPCC [www.nspcc.org](http://www.nspcc.org) or call their 24 hour helpline on 0808 800 5000.





# Female Genital Mutilation (FGM)

## What is female genital mutilation?

Female genital mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons. It is estimated that between 100-140 million women and girls have been subjected to FGM. Official WHO (World Health Organisation)

FGM is illegal in the UK and must be reported.

## Why does it happen?

FGM is cruel and harmful. There are a number of reasons used to justify it which include motives such as culture, religious beliefs, tradition and hygiene. Although different beliefs should be respected, beliefs which lead to abuse cannot be tolerated. Female genital mutilation can lead to short-term consequences such as pain, shock, infection and fatal haemorrhaging as well as long-term problems such as a severely damaged reproductive system, repeated infections and psychological trauma.

## Who can help?

If you or someone you know has been affected by this issue it's really important to tell someone so that they can help you cope with the consequences. There are specialist clinics which can help with the physical and psychological effects of FGM. If you are concerned that your family may intend this for you or another family member then you must tell someone as soon as possible.

The Behaviour for Learning Team or a trusted member of staff.  
Childline 0800 1111.

FORWARD is an African Diaspora women led UK-registered campaign and support charity dedicated to advancing and safeguarding the sexual and reproductive health and rights of African girls and women [www.forwarduk.org.uk](http://www.forwarduk.org.uk).

If you are worried about a child contact the NSPCC [www.nspcc.org](http://www.nspcc.org) or call their 24 hour helpline on 0808 800 5000.

# Forced Marriage

## What is forced marriage?

Everyone has the right to choose whom he or she marry, when they marry and if they get married at all. A forced marriage is one where one or both spouses do not want to get married but are doing so because they are being pressured, intimidated or forced to do so. The pressure to get married will usually come from parents and other family members and may be physical, emotional, psychological, sexual and financial. Victims may be told they will bring shame on their family if they do not go ahead with the marriage and this can be very intimidating.

In June 2014, a new law was passed which means that forcing someone to get married is now an offence and can result in a prison sentence of up to seven years.

## Is it the same as arranged marriage?

No. In an arranged marriage, a family will choose a possible spouse but both partners will be involved in the decision-making process and have the right to say no if they do not want to go ahead with the marriage.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
Childline 0800 1111.

The Forced Marriage Unit can offer advice and practical help about how to stop a forced marriage or how to get out of a marriage you have been forced into. They can also help if you are worried you will be taken out of the country to be married.

[www.gov.uk/stop-forced-marriage](http://www.gov.uk/stop-forced-marriage)

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

If you are in danger of immediate harm or are about to be taken out of the country for a forced marriage call 999



# Gangs & Youth Violence

## Who gets involved in gangs?

Most young people never get involved in gangs or violence. However, there are some individuals, both male and female who are vulnerable to this and it can result in them being harmed or harming other people.

Many young people involved in gangs and violent behaviour are victims of crimes as well as offenders. Being involved in a gang can involve violence, sexual exploitation, weapons, drugs and criminal activity.

## Why do people join gangs?

People get involved with gangs for a number of reasons. These can include wanting to be respected, to feel they belong, to make money, boredom, feeling protected and because other friends and family are already involved. It can also seem exciting or glamorous to be involved in a gang.

Although it can sometimes feel you have no choice but to get involved, or feel there is no way out when you are, it is important to remember that being involved in a gang means you are not safe and you must tell someone who can give you help and advice. Being involved in a gang can mean you are unable to have the freedom to do what you want and you may feel pressurised or be threatened to do things you do not want to do.

## What are the consequences?

Being involved in a violent gang can have serious long-term consequences for you. Members of gangs involved in illegal activity (drugs, weapons, violence etc.) will face criminal prosecution and the violence involved can lead to injury and death.

## Who can help?

If you are involved in a gang or are being pressurised into joining, there are a number of ways in which you can get help; it is very important to talk to someone about the issues you are having.

The Behaviour for Learning Team or a trusted member of staff.  
Childline 0800 1111.

If you are worried about a child contact the NSPCC [www.nspcc.org](http://www.nspcc.org) or call their 24 hour helpline on 0808 800 5000.

A number of other agencies can offer support: the local authority, local police and Youth Offending Team.

# Gender Based Violence Against Women

## What is gender based violence against women?

This term is used to describe violence and abuse that is specifically targeted towards women. It includes rape and sexual violence, domestic abuse, female genital mutilation and forced marriage. Sometimes women experience violent behaviour from strangers but they may also be the victims of violence from people they know or are in a relationship with.

Domestic and sexual violence often takes place behind closed doors and women may suffer in silence, feeling too frightened or ashamed to tell anyone, but the women involved are not responsible for the violence being inflicted upon them and should seek help in order to end it.

## How can it be stopped?

There is a lot of support available to help women who are the victims of violence. The first step is to talk to someone if this is something which is happening to you. In March 2014 a new law known as the Domestic Violence Disclosure Scheme or 'Clare's Law' was introduced which allows individuals to check with the police to find out if their partner has a history of domestic violence.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
Refuge is a charity that supports women who are the victims of domestic violence. They run a free 24-hour helpline: 0808 2000 247 or visit [www.refuge.org.uk](http://www.refuge.org.uk) [www.womensaid.org.uk](http://www.womensaid.org.uk).  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)  
[www.forwarduk.org.uk](http://www.forwarduk.org.uk) (female genital mutilation)  
[www.freedomcharity.org.uk](http://www.freedomcharity.org.uk) (forced marriage)

# Mental Health

## What is mental health?

Mental health is also referred to as emotional health or wellbeing and it is just as important as your physical health. Good mental health does not just mean that you don't have any mental health problems, it should mean that you are able to positively engage in all aspects of your life, including college, friends and family and your leisure time. You should be able to cope with everyday problems and fulfil your potential; however, everyone reacts to challenges and difficulties in their lives differently. Some people find it easy to manage their emotions and problems; others may find it harder and need support. There are a number of mental health problems and some of the more common ones include:

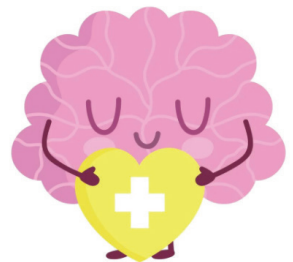
• Depression • Anxiety and panic attacks • Self-harm • Suicidal thoughts and feelings • Phobias • Eating disorders • Obsessive Compulsive Disorder (OCD)

## What to do if you are worried about your mental health

Some people feel embarrassed talking about their mental health or see it as a sign of failure or weakness. However, mental health issues are very common & with the right support most people learn to manage their difficulties & live a happy fulfilling life. Talking about how you feel is the first step & will lead you to getting the support you need.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
Your GP will support you and refer you when necessary.  
General mental health issues [www.mind.org](http://www.mind.org).  
Anxiety and panic advice [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk).  
Eating Disorders support - [www.beatingdisorders.co.uk](http://www.beatingdisorders.co.uk).  
The Learning Resource Centre (LRC) has a range of mental health self-help books available.



# Online Safety

## What is online safety?

Online safety involves making sure young people are safe and secure when they are using the internet. It includes mobile phones, games consoles, wireless technology and social networking. The internet can be a great way of staying in touch with friends and can be used in a number of ways to help you learn while you are at school but it's really important that you understand the risks and know how to use it safely and responsibly.

If you encounter anything online which is worrying or upsetting make sure you tell someone or report it via a 'report abuse' or CEOP button or using one of the support websites or helplines below.

## How can I stay safe online?

- Remember, you can't trust everything you read/see on the internet.
- Not everyone is who they say they are online.
- Don't meet up with people you have only ever met online.
- You have the right to keep information private; you don't have to tell people things if you don't want to.
- Be cautious when filling out online forms and questionnaires.
- Pictures, messages & videos are out of your control once they are online.
- If upsetting pictures or messages of you or about you are posted you have the right to report them and ask for them to be removed.
- Inappropriate behaviour and online (cyber) bullying should be reported immediately.
- Always use respectful and appropriate language and behaviour online.
- Anything that is upsetting or offensive should be reported.

## How do I report problems?

Most social networking sites and a number of other websites have a button you click to report abuse or inappropriate behaviour. If you are being sent offensive images or messages, do not respond. You can take a screen shot off an inappropriate message and report it.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.

[www.ceop.police.uk](http://www.ceop.police.uk)

[www.thinkuknow.com](http://www.thinkuknow.com)

Childline 0800 1111

# Visitor Procedures

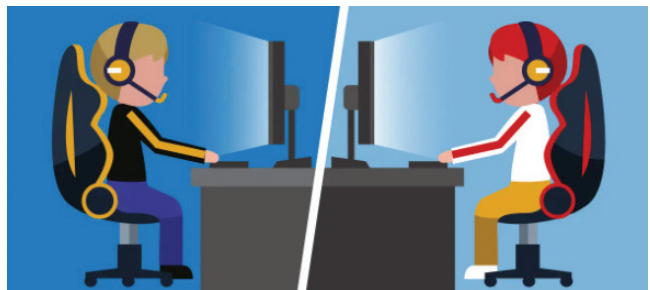
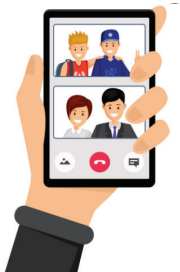
Lostock Hall Academy welcomes a wide variety of visitors and guests whom must sign in at the Main Reception in the first instance. Visitors will be issued with a visitor badge and their contact details will be left at reception. Anyone on the premises who is not displaying a visible ID will be stopped and challenged.

## Personal Safety

Personal safety is important when taking part in any kind of learning. Everyone has the right to be and feel safe. Your responsibilities are to keep yourself safe and to respect other people's rights to safety.

### Top Tips for Personal Safety

- When you go out make sure someone knows where you are going, who you are meeting and when you expect to return.
- Always make plans for your journey home in advance.
- When out at night, stick to busy and well-lit areas.
- Walk facing on-coming traffic.
- Keep your valuables in a cross-the-body bag and keep it zipped up.
- Ensure you have an 'ICE' (In Case of Emergency) number in your mobile phone.
- Don't meet up with people you have only ever met online. You don't know if you can trust them and if they are who they say they are.
- Avoid using your phone for long periods or listening to music when you are out as this can make you less alert to danger.



# Radicalisation

## What does radicalisation mean?

Radicalisation is defined by the government as “the process by which a person comes to support terrorism and forms of extremism leading to terrorism.” Terrorism is a serious threat to us all and some young people may be particularly vulnerable in terms of being recruited and radicalised by terrorist organisations with extreme ideas.

## The Prevent Strategy

The Prevent Strategy is designed to support organisations to protect vulnerable people. All schools, colleges and universities have their own Prevent Policy, in which they explain what they will do to protect their students.

# British Values

To support Schools, Colleges and Universities in ensuring young people leave prepared for life in modern Britain, the Government requires them to promote British Values to improve the spiritual, moral, social and cultural development of students. British Values are defined as:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect
- Tolerance of those with different faiths and beliefs

## Who can I talk to?

If you feel you are being drawn into a group with extreme ideas or are being pressurised to get involved with a group, talking through how you are feeling can help you get a different perspective. If you feel that someone you know is at risk of becoming involved in an extremist group it is also important to tell someone about this. The local authority and local police can help support you and offer information and advice.



## Who can help?

The Behaviour for Learning Team or a trusted member of staff.

Police (non-emergency) 101

[www.met.police.uk/tell-us-about/possibleterrorist-activity](http://www.met.police.uk/tell-us-about/possibleterrorist-activity)

Anti-Terrorist Hotline on 0800 789 321

# Safety at Home

## How can I keep myself safe at home?

- Ensure locks are fitted on doors and windows and use them.
- Close and lock windows and doors whenever you go out.
- Check smoke alarms and carbon monoxide alarms regularly.
- Ensure kitchen equipment is properly switched off after use.
- Ensure electrical devices (phone chargers, hair straighteners etc.) are unplugged when not in use.
- Remove valuables from the view of ground floor windows.
- Check the ID of callers (e.g. people reading the gas/electricity meter).
- Don't leave pots and pans unattended when cooking.



# Sexting

## What is sexting?

Sexting is when someone sends naked or sexually explicit pictures of themselves (or someone else) through their mobile phones or online. Sexting can also involve videos and rude messages.

## Why do people do it?

Sexting can happen for many reasons and it is very easy to get drawn into an inappropriate exchange of messages. It may feel like everyone is doing it or that you need to prove to someone you are sexually confident or experienced. It could be that you really trust the person you are messaging or that you are involved in a sexual relationship with them so feel it is ok to send them pictures of yourself.

## Why is it a problem?

Before you send a message, think about the following issues:

- Once you send the picture, you have lost control of where it goes - it could end up anywhere on the internet or on people's personal devices e.g. phones.
- Even with instant messaging/photos e.g. WhatsApp, people can take a screenshot or save your message/picture and send it on.
- Would you be comfortable if a parent, teacher or friend saw what you were posting?
- Do you definitely know whom you are sending the picture to? People you meet online may not always be who they say they are.
- Why are you doing it? There are many ways to show someone you care about him or her. Never feel pressurised into doing something you are not sure about.
- Remember a quick message or picture can have serious long-term consequences.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.  
Report inappropriate on-line behaviour at [www.ceop.police.uk](http://www.ceop.police.uk)  
Thinkuknow.co.uk offers advice and support for staying safe online  
Childline 0800 1111/ [www.childline.org.uk](http://www.childline.org.uk)

# Substance Misuse

## What are substances?

'Substances' in this context refers to alcohol, tobacco, illegal drugs, and medicines which are legal but create a 'high' feeling when taken. Although many young people want to know about substances, alcohol and others, all those listed above are potentially very dangerous and can lead to long-term health issues, addiction and even death.

## Why do people take substances?

There are lots of reasons why people take substances or start to smoke or drink. Often peer pressure plays a strong part when someone tries a substance for the first time so it is important to consider the risk you are taking and the benefit you are gaining. You should never feel pressurised into doing something you don't want to do, and if you find yourself in that situation it is important to tell someone about it. Legal substances such as tobacco are associated with a whole range of health problems and alcohol can have a serious impact too, both physically and in terms of how it affects your judgement when you are drunk.

## Zero tolerance

Lostock Hall Academy operates a zero tolerance policy towards illegal substances. Any student involved in a substance related incident within school will be permanently excluded and the police will be informed.

## Who can help?

If you have become involved in substances or are dependent on them (including tobacco and alcohol) then you can get lots of support to give them up for good.

**The Behaviour for Learning Team or a trusted member of staff.**

**Frank offers information and advice [www.talktofrank.com](http://www.talktofrank.com)**

**For alcohol advice [www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

**For advice on giving up smoking visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**

# Teenage Relationship Abuse

## What is teenage relationship abuse?

Relationship abuse is when someone you are in a relationship with hurts or upsets you. Abuse doesn't just happen in adult relationships or marriages, it can affect all people, including young people and teenagers in relationships. There are different types of abuse which can happen in a relationship:

- Emotional abuse.
- Name-calling and insults.
- Controlling behaviour and checking up on you.
- Being made to feel you're worthless, that the abuse is your own fault.
- Physical abuse.
- Hitting.
- Kicking and punching.
- Using weapons.
- Sexual abuse.
- Forcing you to have sex.
- Touching or kissing you when you don't want to be touched.
- Not being allowed to use contraception.
- Being made to watch pornography.
- Financial abuse.
- Taking your money or controlling what you do with it.
- Making you buy things for other people.
- Making you work or stop you getting a job.

All types of abuse can make you feel scared, depressed and ashamed. You may feel that you just can't go on and this is why it is so important to get help.

## Who can help?

These types of abuse should not be tolerated and it is important to remember that it is never your fault. There is lots of help and support available, and if this issue affects you, the first step is to tell someone.

The Behaviour for Learning Team or a trusted member of staff.

Childline 0800 1111

National Domestic Violence Helpline 0808 2000 247

Respect Not Fear helps you decide what is a healthy relationship [www.respectnotfear.co.uk](http://www.respectnotfear.co.uk). The Hideout is for young people experiencing domestic abuse [www.thehideout.org.uk](http://www.thehideout.org.uk)

# Peer on Peer Abuse

## What is peer on peer abuse?

Peer-on-peer abuse is abuse that happens between young people, or between people of a similar age and situation, like students in school. It includes bullying, physical abuse, sexual violence, sexual harassment and sexting, in fact it can include any form of verbal, written or physical action that causes harm or distress. You do not have to put up with this, don't be afraid to report any concerns that you have. We always take peer on peer abuse seriously and will follow up on any allegations or concerns, supporting everyone involved. Peer on peer abuse is never just banter or a part of growing up. It is a serious matter that will be dealt with.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.

In an emergency call 999.

Childline 0800 1111.

If you are concerned about a young person you can also call the NSPCC 24 hour helpline on 0808 800 5000 or text 88858.

# Trafficking

## What is trafficking?

Trafficking involves people or children being moved away from their communities by the use of violence or deception in order for them to be exploited in some way. This could mean they are forced to work in jobs they do not want to do, used as slaves or sexually exploited. Adults are often the victim of trafficking because they are promised jobs and opportunities in a new country, but when they arrive they find out these don't exist and they are forced into jobs they do not want and work in terrible conditions. Their passports are usually removed and as they have no documents they are too scared to go to the authorities for help.

## What is child trafficking?

Child trafficking refers to any child under 18 who is trafficked and is considered to be a form of abuse in its own right, though child trafficking usually also involves other forms of abuse and neglect. Trafficked children

are often hidden and may not realise they have been the victim of trafficking. Language barriers may also stop them seeking help. Human trafficking is considered a criminal activity and is illegal.

## Who can help?

The Behaviour for Learning Team or a trusted member of staff.

Childline 0800 1111

African Nations Unite Against Child Abuse [www.afruca.org](http://www.afruca.org)

If you are worried about a child contact the NSPCC [www.nspcc.org](http://www.nspcc.org) or call their 24 hour helpline on 0808 800 5000

Children & Families Across Borders advice line: 020 7735 8941 or [www.cfab.org.uk](http://www.cfab.org.uk)

# Reporting Safeguarding Issues

## What happens when I tell a member of staff about a problem I have?

If you have any worries or concerns during your time at LHA, there are lots of people you can talk to including your Form Tutor and members of the Behaviour for Learning Team. If any of the issues in this booklet have affected you or someone you know then it is really important to tell someone. When bad things happen, it can be easy to blame yourself but it isn't your fault. By talking about what has happened, you can start getting the support and help you need.

Conversations you have with members of staff will be in a secure and safe environment and no information will be shared unless there are any safeguarding concerns. If you talk to a member of staff about an issue which means that you may be at risk of harm or harming someone else or are involved in something illegal, that member of staff will need to pass the information on to a member of the LHA Safeguarding Team and where appropriate external agencies.

## Staff involved in safeguarding issues

All staff are involved in keeping our students safe, but we have certain members of staff who are experts in this area and these are the people that will deal with specific issues and pass them on to the local authority or police when necessary.

# LHA SAFEGUARDING TEAM



**Principal Mrs G Gorman**  
Principal



**Mr N Clitheroe**  
Senior Assistant Vice Principal  
Designated Safeguarding Lead



**Miss K Gregson**  
Deputy Designated Safeguarding Lead  
SEND Officer



**Mrs N Tucker**  
Senior Assistant Vice Principal



**Mr B Pilkington**  
Behaviour for Learning and  
Intervention Manager



**Miss P Budd**  
Behaviour for Learning Lead



**Mrs W Bradley**  
Family Support, Attendance  
Improvement & CEIAG Officer



**Miss V Gregson**  
SENDCo  
Teacher of Business



**Charlotte Lowe**  
School Counsellor

Never be worried that information you share will be passed on to other students or to a wide range of staff. Safeguarding issues are only shared on a 'need-to-know' basis. When information is shared or passed on it is only because we will always endeavour to do all that we can to keep our students safe, happy and able to achieve their full potential.

If any of the issues covered causes you worry or concern then please remember there is always someone at school you can talk to.

# Websites & Helplines Numbers

## HELPLINE NUMBERS

Emergencies: 999

Non-emergency police advice: 101

Non-emergency health advice 111

Childline: 0800 111 1

NSPCC: 0808 800 5000

Mental Health Matters: 0800 107 0160

The Samaritans: 116 123

National Domestic Violence helpline: 0800 970 2070 or text 60777

Anti - Terrorist Hotline 080 0 78 9 321

Children & Families Across Borders advice line: 020 7735 8941

## WEBSITES

Childline [www.childline.org.uk](http://www.childline.org.uk)

Bullying UK Advice and support for those being bullied  
[www.bullying.co.uk](http://www.bullying.co.uk)

CEOP Child Exploitation and Online Protection centre  
[www.ceop.police.uk](http://www.ceop.police.uk)

Beat Beating Eating Disorders  
[www.beatingdisorders.co.uk](http://www.beatingdisorders.co.uk)

Frank Substance misuse information and advice  
[www.talktofrank.com](http://www.talktofrank.com)

Mind Mental health issues  
[www.mind.org.uk](http://www.mind.org.uk)

National Centre for Domestic Violence Advice for victims of domestic abuse

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

NSPCC - National Society for the Prevention of Cruelty to Children

Guidance and advice if you suspect a child is being abused or is in danger  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

ThinkUKnow Online safety

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

<a href="https://www.vecteezy.com/free-vector/happy">Happy Vectors by Vecteezy</a>  
<a href="https://www.vecteezy.com/free-vector/character">Character Vectors by Vecteezy</a>

<a href="https://www.vecteezy.com/free-vector/house">House Vectors by Vecteezy</a>

<a href="https://www.vecteezy.com/free-vector/web">Web Vectors by Vecteezy</a>

<a href="https://www.freepik.com/free-photos-vectors/people">People vector created by pikisuperstar - www.freepik.com</a>

<a href="https://www.freepik.com/free-photos-vectors/people">People vector created by pikisuperstar - www.freepik.com</a>

<a href="https://www.freepik.com/free-photos-vectors/people">People vector created by macrovector - www.freepik.com</a>



## **Mental Health Access Line**

**0800 953 0110**

**[www.lscft.nhs.uk/crisis](http://www.lscft.nhs.uk/crisis)**

The Mental Health Crisis Line is available 24 hours a day, 7 days a week. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services. Call if you need to access services or for advice about someone who needs treatment/support.

There is also a **Wellbeing Helpline & Texting Service**, available Monday to Friday 7pm - 11pm and Saturday to Sunday 12pm - Midnight, staffed by volunteers and those with lived experience, that offers emotional support. If you want to chat about your mental health or are lonely etc. **call 0800 915 4640 or text 'Hello' to 07860 022846.**

## **CAMHS**

**01772 644644**

**[www.lscft.nhs.uk/CAMHS](http://www.lscft.nhs.uk/CAMHS)**

Child and Adolescent Mental Health Services (CAMHS) offers a wide range of support for young people who are experiencing mental health difficulties, and their families.

It can be accessed by a process of referral. CAMHS receive referrals from a wide range of sources including GPs, social care, paediatricians, other CAMHS teams, educational psychologists, head teachers and school nurses.

The teams can also be contacted directly to gain advice, support or signposting. The service can be accessed free of charge and waiting lists are currently averaging 12 weeks.

## **N-Compass**

**03450 138 208**

**[www.butterflyandphoenix.org](http://www.butterflyandphoenix.org)**

The Butterfly and Phoenix Project provides one-to-one counselling (6-8 sessions) to young people aged 11-18. Counselling helps young people to explore triggers to their issues and helps them to identify and utilise alternative coping mechanisms.

Please note that this is an early intervention, prevention service and cannot provide support in crisis situations. The Butterfly and Phoenix Project only operates during school term time and this will affect waiting times.

## **Key Unlocking Futures**

**01772 678979**

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

This organisation supports families in South Ribblesdale where stresses within the family put young people at risk. The project will lead to stronger family relationships, improved communication and emotional wellbeing. Key Unlocking Futures can support with employment, tenancy, family conflict and more.

## **Myplace Lancashire Wildlife Trust**

**01772 872007 / 07738 102274**

**[www.lancswt.org.uk/our-work/projects/myplace](http://www.lancswt.org.uk/our-work/projects/myplace)**

Myplace is an exciting and innovative ecotherapy project delivered by the Wildlife Trust for Lancashire, Manchester and North Merseyside in partnership with the Lancashire and South Cumbria NHS Foundation Trust.

Myplace empowers people and their communities to connect with local environments in order to learn new skills, build resilience, meet new people and improve their physical health and mental wellbeing.

Enjoy new sessions every week, led by trained members of staff. These sessions can help you to take steps to improve your health and wellbeing, meet new people, learn more about nature and the outdoors and enhance your CV.

## **Lancashire Mind**

**01257 231660**

**[www.lancashiremind.org.uk/pages/40-get-help-now](http://www.lancashiremind.org.uk/pages/40-get-help-now)**

Lancashire Mind offers the community advice, guidance and resources for mental

health and wellbeing. Calls are answered between 10am-4pm Monday to Friday.

### **The Zone**

**01772 532930**

**[www.lancashire.gov.uk/youthzone/things-to-do/places/young-peoples-centres/the-zone-in-south-ribble](http://www.lancashire.gov.uk/youthzone/things-to-do/places/young-peoples-centres/the-zone-in-south-ribble)**

The Zone is a safe space that aims to provide young people with information and advice about the range of local services that are available. The service is available for 13-19-year-olds, and up to the age of 25 years for young people with special educational needs and/or disabilities.

### **SLEAP**

**01772 623603**

**[sleap.co.uk/en](http://sleap.co.uk/en)**

SLEAP works with a holistic approach to preventing homelessness and its awful consequences, with the aim of seeing young people thrive and fulfil their potential.

As young people build up their chances of success in life, they reduce the likelihood of future dependence on services as adults. However, everybody's outlook is different which is why SLEAP offers a range of services to help in ways that are relevant to each person's needs and strengths including tenancy support, wellbeing activities and counselling.

### **Lancashire Young Carers**

**01772 641002**

**[www.lancashire.gov.uk/youthzone/need-to-know/young-carers](http://www.lancashire.gov.uk/youthzone/need-to-know/young-carers)**

If you are under 18 years old and care for someone with a physical disability, mental health problem and/or drug and alcohol problem then your local Barnardos Team can provide you with information and support to enable you to feel valued and confident in your caring situation.

### **The Trust House**

**01772 825288**

**[trusthouselancons.org](http://trusthouselancons.org)**

The Trust House supports people affected by any kind of sexual violence or abuse to move through and beyond their experience.

As well as person-centered support, The Trust House works with a range of different organisations and community groups to prevent, educate and increase awareness of the impact of sexual violence and abuse.

### **SafeNet**

**0300 3033 581**

**[safenet.org.uk](http://safenet.org.uk)**

If anyone in your family or others that you know are abusing, controlling, harassing or violating you, SafeNet can help. You don't have to deal with this alone. SafeNet offers a safe place to stay if needed, along with support, guidance and practical help to create a safer, happier and healthier future for you. SafeNet offers inclusive, non-judgemental and respectful services to women, children and men.

### **Nest Lancashire**

**0300 111 0323 or text NEST to 60777**

**[nestlancashire.org](http://nestlancashire.org)**

Nest Lancashire has been set up to support young people aged 8-18 who have been affected by crime or subjected to bullying, threats or harassment.

You can talk to Nest Lancashire in confidence and all services are free of charge. Nest Lancashire's aim is to help you recover from whatever it is you have experienced and their trained, friendly staff will be able to help you move forward and feel safe again.

### **POUT**

**01772 532930**

**[www.lancashire.gov.uk/youthzone/things-to-do/groups/lgbt](http://www.lancashire.gov.uk/youthzone/things-to-do/groups/lgbt)**

Some young people who identify as LGBT can experience a lack of support, awareness and acceptance from their family, friends and other people in their lives.

LGBT groups can provide additional advice, support or a safe space to meet other young people who have had similar experiences.

Lancashire LGBT supports a number of groups and activities across Lancashire which provide a diverse range of opportunities for LGBT people. The Lancashire LGBT website provides details of support groups, volunteering, events and an Information and Support Helpline.

It includes the South Ribble POUT youth group run by Lancashire County Council for young people aged 12-19.

**Mermaids**  
**0808 801 0400**  
**[mermaidsuk.org.uk](http://mermaidsuk.org.uk)**

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

You can call them from 9am-9pm Monday to Friday.

**We Are With You**  
**0808 164 0074**

This service is for you if you're under 25, living in Lancashire and worried about either your own drug or alcohol use, or someone else's.

**Lancashire Positive Minds**  
**07713 337182**

For parents/carers. Come along to the group, meet with others in similar situations and get both peer and professional support in a confidential, safe environment.

The group is very much parent-led but professionally supported by Children and Adolescent Mental Health Services (CAMHS) and experienced people who can provide support, advice, guidance, practical tips and strategies, topic discussions and guest speakers all whilst you can have some time for you and have a cup of tea/coffee!

**The Children and Family Wellbeing Service**  
**01772 532930**

The Children and Family Wellbeing Service (CFW) offers support to children, young people aged 0-19+yrs (0 - 25yrs for SEND) and their families across Lancashire.

The service identifies as early as possible when a child, young person or family needs support, helping them to access services to meet their needs, working with them to ensure the support offered is right for them, is offered in the right place, and at the right time.

**Barnados**  
**01772 323252**  
**[www.barnados.org.uk](http://www.barnados.org.uk)**

Barnados helps children through the trauma of sexual abuse and exploitation. They provide support for young people in care - and don't forget about them when they leave the care system.

Barnados gives children caring for a loved one the help and support they deserve. And that's not all. Barnados' specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more.

Barnados also amplifies the voices of young people to influence Government on the issues that affect their lives, fighting their corner and making sure their voices are heard.

**Minds Matter**  
**01772 643168**  
**[www.lscft.nhs.uk](http://www.lscft.nhs.uk)**

Minds Matter is a wellbeing service offering a range of free psychological therapies to people aged 16 and over in Lancashire. It is part of the nationwide Improving Access to Psychological Therapies (IAPT) service delivered by Lancashire and South Cumbria NHS Foundation Trust.

1 in 4 people in the UK will experience a mental health problem each year. Many of us go through difficult times in our lives, which can leave us feeling worried, anxious or depressed and feeling unable to cope. Minds Matter offers a range of brief therapeutic interventions to support people's differing emotional needs. This includes online, telephone and face-to-face treatment and therapy options.

All treatment is FREE and provided by the NHS and their partners.

**Child Action North West**  
**01254 244700**  
**[canw.org.uk](http://canw.org.uk)**

Child Action North West looks after children and young people who cannot live with their birth family or friends: sometimes for a few weeks, months and quite often until young people reach age 18 and older. CANW offers support to the most vulnerable children and young people in local communities; children facing poverty, violence, abuse, neglect and family breakdown.

**Children and Young People's Bereavement Support Group**  
**01772 523730**  
**[www.lancsteachinghospitals.nhs.uk/bsg](http://www.lancsteachinghospitals.nhs.uk/bsg)**

This project aims to support children and young people to develop the confidence and skills to consider their emotions and express themselves.

The group aims to help young people understand and express their grief and loss in practical and creative ways, encourages them to talk openly about

their thoughts, feelings and behaviour, and supports them to work through painful issues.

It takes different approaches to meet each child or young person's individual needs, on their own journey, and encourages children and young people to respect and learn from others with similar experiences without judgement.

**Lancashire Inclusion Service**  
**01772 531597**  
**[www.lancashire.gov.uk](http://www.lancashire.gov.uk)**

Lancashire Inclusion Service offers advice and support from their specialist teachers, educational psychologists, assessment team and specialist social workers. They can help with a range of issues like sensory impairment, transitions, how to request an education, health and care plan, and personal budget.

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National Helplines & Services

**CALM (Campaign Against Living Miserably)**  
**0800 585858 (webchat also available)**  
**[www.thecalmzone.net/help/get-help](http://www.thecalmzone.net/help/get-help)**

CALM offer confidential, anonymous and free support, information and signposting through the helpline or webchat. People can talk through a wide variety of issues including abuse, addictions, anger, depression, bullying, eating disorders, sexuality, work issues, racism, bereavement, suicide, divorce and more. The website holds information on a range of issues and lists national organisations offering support with some of these issues. Helplines are open 5pm-midnight

**NSPCC - ChildLine**  
**0800 1111**  
**[www.nspcc.org.uk/keeping-children-safe/our-services/childline](http://www.nspcc.org.uk/keeping-children-safe/our-services/childline)**

ChildLine is a service for children and young people up to the age of 18. The helpline team provide support, counselling and advice

and refer children in danger to appropriate sources of help.

Young people can contact ChildLine about any problem, including family relationship issues, bullying, school and college, physical abuse, sexual abuse, anxiety, self harm, mental health, sexual identity, sex and relationships, life issues, autism, online and mobile safety, addictions, friends, eating problems, crime and the law, racism, support after ChildLine.

Calls are confidential and will not appear on the phone bill, including mobiles. Further support includes online chat and 'Ask Sam' problem page.

### **PAPYRUS - HOPELINEUK**

**0800 068 41 41 or text 07786 209697**

HOPELINEUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling.

They also offer advice to anyone who is concerned about a young person. HOPELINEUK is free to call and free to text.

### **YoungMinds**

**0808 802 5544 (parents helpline)**

Confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

### **Samaritans UK**

**116 123**

Samaritans UK offer a safe place for you to talk any time you like, in your own way - about whatever's getting to you. Samaritans won't judge you or tell you what to do, but will listen to you 24/7.

### **Kooth**

**[www.kooth.com](http://www.kooth.com)**

Kooth is a free and confidential site available 24/7, with a variety of different resources and activities to support mental health.

There is the opportunity to have a free counselling session for one hour per week as well as peer-to-peer support groups, forums and much more. Online only.

### **Finding Our Voices**

**[www.findingourvoices.co.uk](http://www.findingourvoices.co.uk)**

Finding Our Voices is an online community containing helpful and inspiring articles relating to selective mutism. All articles in the magazine and on the website blog are either written by the author or sent in by people who have first-hand experience of the disorder. Finding Our Voices have magazines that include: Interviews with SM organisations such as SMIRA and the Selective Mutism Group, coping techniques, readers poems, stories and articles, your experiences with SM, and raising awareness/fundraising. Visit [findingourvoices.co.uk](http://findingourvoices.co.uk).

### **Youth Mental Health Apps**

#### **Calm**

App for meditation and mindfulness. Provides guided meditations to help manage anxiety, lower stress and increase quality of sleep. The app also contains 10-minute guided video lessons on mindful movement and gentle stretching.



#### **Headspace**

Guided meditation for anxiety, stress, focus and sleep. For children and adults. App includes mindfulness-related blogs.



#### **Stay Alive**

Quick access to national crisis support helplines, as well as local resources. The app includes a mini-safety plan generator, life-saving tips to stay safe and/or help others at risk of suicide, a suicide myth buster and life box (storing life affirming photos and images.).



## Mood kit

Developed by clinical psychologists, Mood Kit deploys cognitive therapy techniques to help improve mood, and overall wellbeing. The app is divided into four main sections: activities, thought tracker, mood tracker, and mood kit journal. The activities section provides more than 150 mood-lifting activities.



topics relevant to students in areas ranging from first aid and mental health to staying safe at university and accessing health services.

The app can be used offline, so the content is always available. It can also be customised for specific universities by adding links to local support services.

## Stress and Anxiety Companion

Stress & Anxiety Companion uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things.



Use the app to help manage your stress and anxiety, at home or on the go, with breathing exercises, relaxing music and games.

The app helps you identify your anxiety and stress triggers and transform negative thoughts into positive ones. You can turn your positive thoughts and statements into feel good photo cards, which can be shared with family and friends.

## Bluelce

Bluelce helps young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



Bluelce is a prescribed app. It should only be used alongside a face-to-face intervention provided by a mental health worker. Check with your local Child and Adolescent Mental Health Service (CAMHS) to see if they subscribe to Bluelce.

## Calm Harm

Calm Harm is based on the principles of dialectical behaviour therapy (DBT) - a type of talking therapy that's often effective in people with mood disorders.



The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their 'emotional mind' in a more positive way.

## Sleepstation

After completing a 7-day sleep diary, Sleepstation will review your information and provide personalised advice to help you tackle your sleep problems. By understanding what is keeping you awake and reviewing your progress regularly, you should be sleeping better within 3 or 4 weeks.

Sleepstation is available on the developer's website. It is free to access in England through GP referral, or you can sign up for one of the courses offered - with prices starting at £95.



## Catch It

Catch It uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. It records and rates your mood, asks you to take a moment to reflect on what you're thinking, and asks you to think about a better way of dealing with a problem.



## SilverCloud

SilverCloud uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Once registered, you work through a series of topics chosen by your therapist at your own pace, where and when it suits you.



## Student Health App

The Student Health App offers plain-talking reassurance, information and advice on more than 125



The therapist will check in with you about once every two weeks during the course to

review your progress. The course features videos, activities, quizzes, audio guides and your own online journal.

SilverCloud is only available via an NHS referral, or through some non-NHS organisations such as universities. Contact your local mental health services to see if SilverCloud is available as a free NHS treatment.

### MeeTwo

With MeeTwo, you can post messages about any issue you're struggling to cope with. You'll receive supportive responses from other teenagers and guidance from MeeTwo experts designed to build confidence, increase wellbeing and improve emotional resilience.

Every post and reply is moderated to make sure only positive feedback is published. The app contains advice and information on a variety of subjects, as well as a directory of specialist support groups that can offer further help.



### distrACT

The distrACT app aims to help you better understand urges to self-harm, and encourages you to monitor and manage your symptoms. It can also help reduce the risk of suicide.

There's advice and support information, including emergency contact numbers, how best to work with healthcare professionals, and safer alternatives to self-harming.

In the app's Chill Zone you can find resources that may help you feel better, including art, books, films, music, poems, quotes, stories and online videos.



### Feeling Good

Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience-building techniques from sport to help improve positive feelings, self-esteem and self-confidence. To get you going, the app offers 4 free audio tracks combining soothing music with gentle coaching.



The main offering is the 12-track Positive Mental Training audio programme, which is available as an in-app purchase. This programme has been used by the NHS in Edinburgh for the last 12 years to help recovery from stress, anxiety and depression.

The app allows you to set reminders to listen to the tracks, as repeated listening is believed to build resilience and help reinforce the skills learned in the programme.

### Sleepio

Sleepio is an online sleep improvement programme. It has been clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day if you follow the programme correctly.

The programme is based on cognitive behavioural therapy for insomnia (CBTi). You can use it to learn cognitive techniques to help tackle the racing mind and behavioural strategies to help reset sleeping patterns naturally, without relying on sleeping pills. You can then download the app, which is designed to supplement the online programme, free from the App Store.

Sleepio is available at no cost from some IAPT talking therapy providers. Go to [www.bighealth.com/NHS](http://www.bighealth.com/NHS) to find out if the programme is available in your area.



### 7 Cups

7 Cups connects you to caring listeners for free emotional support. Explore self-help guides and growth paths for proven tips and advice on how to feel better. Free 24/7 Chat - be heard by volunteer listeners and chat with others who understand in support chat rooms. The app has listeners available especially for teens, so you can chat confidentially whenever you need to.

You can also join lively teen community forums and chat rooms to share with peers who understand what you're going through. Get support and make new friends along the way.



## **SAM - self-help for anxiety management**



SAM is an app to help you understand and manage anxiety. It will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

The 'social cloud' feature will enable you to share your experiences with the SAM community while protecting your identity.

## **Smiling Minds**



Free mindfulness app to practise daily mindfulness exercises, developed by psychologists and educators.

Smiling Minds will help you practise meditation in order to: reduce worries, anxiety and distress; enjoy more energy; create a sense of calm; learn how to relax and regulate emotions; enhance awareness and creativity; improve concentration and increased productivity; develop a sense of empathy and connectedness; and enjoy better health and sleep.

## **WellMind**



WellMind is a free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

## **MindShift**



Designed to help teens and young adults cope with anxiety, MindShift can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

This app includes strategies to deal with

everyday anxiety as well as specific tools to tackle: sleep, riding out intense emotions, perfectionism, social anxiety, performance anxiety, worry, panic, conflict.

## **Brain in Hand**



Brain in Hand's professional support system gives people easy access to personalised digital self - management tools and human support. It helps with remembering things, making decisions when anxious or confused, and coping with unexpected events.

Suitable for people with a range of neuro diverse and mental health difficulties, Brain in Hand improves confidence, enables people to cope with anxiety, and increases independence. It also reduces demand on carers and support services.

## **Brili**



The ultimate system to help families with children stay on task and on time every day. Features easy setup, guidance, rewards, voice prompts and real-time monitoring.

Recently recommended by ADDitude magazine in 'The ADHD Guide for Mobile Apps and Digital Tools' and positively rated by ORCHA, a world leader in health app reviews and prescription services.

Using Parent Mode on your own device or on the child's, parents set up routines from templates or from scratch to help their child through each part of their day, such as the steps to get ready for school. No matter what devices your family has, Brili syncs across all of them in real time.

Brili displays kids' routines as a game in Kid Mode, showing them what's next, how much time they have left, and prompting them at the appropriate times to keep them on track. Parents can monitor in real time from a separate device, from anywhere.