

PARENTS' NEWSLETTER

Fortnightly

Edition 18

November 18, 2024

WELCOME BACK TO AN EXCITING HALF TERM

We hope you've had a restful break and are ready for what promises to be a remarkable and busy half term ahead. This term is brimming with activities, assessments, and celebrations that will engage and inspire our school community.

We kick off with the Year 11 first mock exams—a crucial step in preparing for their GCSEs. As the term progresses, students across all year groups will have opportunities to shine academically, creatively, and personally. The term will culminate in our much-anticipated Award Assemblies and School Trips, where we'll celebrate achievements, hard work, and resilience.

Our students will once again participate in UK Parliament Week, engaging with important local issues and learning about democracy in action. One key focus will be supporting petitions in our borough, including the campaign to prevent the closure of eight libraries in Enfield. This provides students with a valuable opportunity to make their voices heard on matters that impact our community.

As the evenings get darker, it is important to remind your child about heading straight home after school. Avoiding unnecessary delays will help ensure their safety during these shorter daylight hours.

Finally, as the festive season approaches, we're excited to announce the upcoming *PTA Christmas Yule-tide Coffee Morning*, along with a host of other holiday activities that will bring plenty of cheer to the school community.

Stay tuned for more details and let's make this half term one to remember.

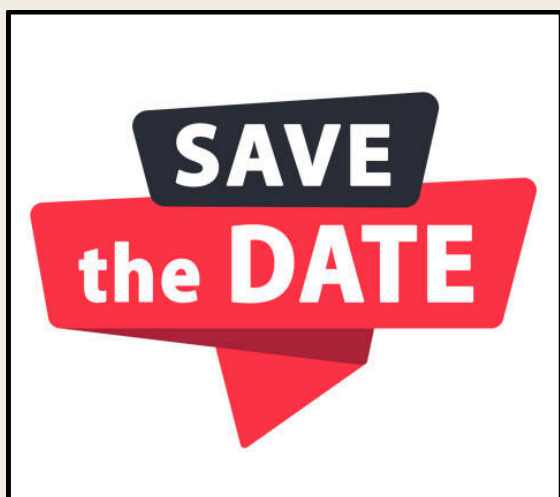


Keep up-to-date with upcoming events at HHA



Upcoming Events

- **5th November - 20th November: Year 11 Mock Exams**
- **Monday, 18th - 21st November: Years 13 Mock exams commence**
- **Friday, 22nd November: INSET Day**
- **Thursday 5th December: Year 11 Parents' Evening**
- **Tuesday, 10th December: PTA Yule-Tide Coffee Morning**
- **Thursday, 12th December: Year 13 Parents' Evening**
- **Friday, 20th December: INSET Day**
- **Christmas holiday - 22nd December - 6th January**
- **1st school day of Spring Term - Tuesday 7th January.**



- **Thursday, 5th November - Year 11 Parents' Evening**
- **PTA Yule-tide Coffee Morning - Tuesday, 10th December**
- **Thursday, 12th December - Year 13 Parents' Evening**

Help Us Achieve the Wellbeing Award for Schools



We are actively working towards achieving a prestigious school improvement award, and your feedback is a vital part of this journey.

Last October, many of you kindly completed a survey about our wellbeing provision. Now, we would like to hear from you again to evaluate the progress we've made over the past year. Your insights will help us celebrate what's working well and identify areas where we can grow further.

The survey is quick and easy to complete, taking just a couple of minutes. Please use the link below to share your thoughts and submit your responses by the end of this week.

If you have any questions about the survey, please contact the school office directly. Please note that replies to this email are not monitored. Thank you for your continued support in helping us create the best possible environment for our school community.

[Click here](#)

Or copy and paste the following.

<https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/671be1bdc956f>

Sixth Form Open Evening: A Night of Inspiration and Opportunity

On Thursday, 7 November, Heron Hall Sixth Form hosted the first in a series of events designed to showcase our Sixth Form and provide key information about entry for 2025.

The evening began with a warm welcome in the Main Hall, where Head of Sixth Form, Mr. Pieri, delivered an engaging presentation. His talk was brought to life by two remarkable students' testimonials from Year 12 and Year 13, who shared their experiences and achievements at Heron Hall Sixth Form.



Following the presentation, visitors explored the vibrant Subject Market Place, where each department had set up creative and informative displays. Visitors had ample opportunities to engage with staff and explore a variety of interactive activities and displays. Highlights included casting a vote in a mock election at the Politics stand, winning prizes while showcasing creativity at the Art stand, and chatting with an experienced British Airways air steward at the Travel & Tourism stand, offering a fascinating glimpse into careers in the aviation industry.

The evening buzzed with excitement as parents, carers, and prospective students from Heron Hall and beyond engaged with staff and explored the opportunities available. Many attendees praised the event for being both informative and welcoming, reflecting the inclusive and ambitious spirit of our Sixth Form.

This is just the beginning. Heron Hall Sixth Form will be hosting more events throughout the year, so keep an eye out for announcements. We look forward to welcoming even more families as we continue to showcase what makes our Sixth Form so special.



Anti-Bullying Week 2024: Choose Respect



Last week, Heron Academy proudly marked Anti-Bullying Week 2024, embracing this year's powerful theme: **Choose Respect**.

Developed through consultation with teachers and pupils by the Anti-Bullying Alliance, this theme

inspires everyone to take positive actions to counter the harm and hurt that bullying causes.

Throughout the week, Heron Academy held anti-bullying assemblies to emphasise the importance of respect, kindness, and inclusion. These assemblies highlighted the impact of bullying and encouraged students to make choices that uplift and support one another, fostering a safe and positive environment for all.

We encourage parents and carers to continue these important conversations at home. Talking openly about respect, empathy, and standing up against bullying can help reinforce the values we share as a school community.

Together, we can empower our young people to make a difference and create a culture where respect thrives.

Let's all commit to Choose Respect—every day, everywhere.



UK Parliament Week 2024: Get Informed, Take Action, Make an Impact



This week, Heron Academy is celebrating UK Parliament Week (UKPW), an annual event designed to spread awareness about what Parliament is, how it works, and how you can get involved. Whether you're discovering new facts or revisiting what you already know, UKPW offers an exciting opportunity to learn and take action.

This year, Heron Academy is spotlighting a pressing local issue: the petition to save libraries in Enfield. Eight libraries, including Bullsmoor, Enfield Highway, Enfield Island Village, and others, are at risk of closure due to “budget challenges” and declining usage, according to council documents. Our students will explore the role of petitions in influencing government decisions and how communities can unite to advocate for change. This discussion offers a valuable lesson in democracy and civic responsibility, encouraging everyone to have their voices heard.



We invite our families and community to join the conversation, explore the petitions in Enfield, and take part in this meaningful week. Together, we can engage with the issues that shape our community. See the link below if you want to get involved.

<https://governance.enfield.gov.uk/mgEpetitionListDisplay.aspx?bcr=1>

ATTENDANCE NEWSLETTER

Reminder of the School Day

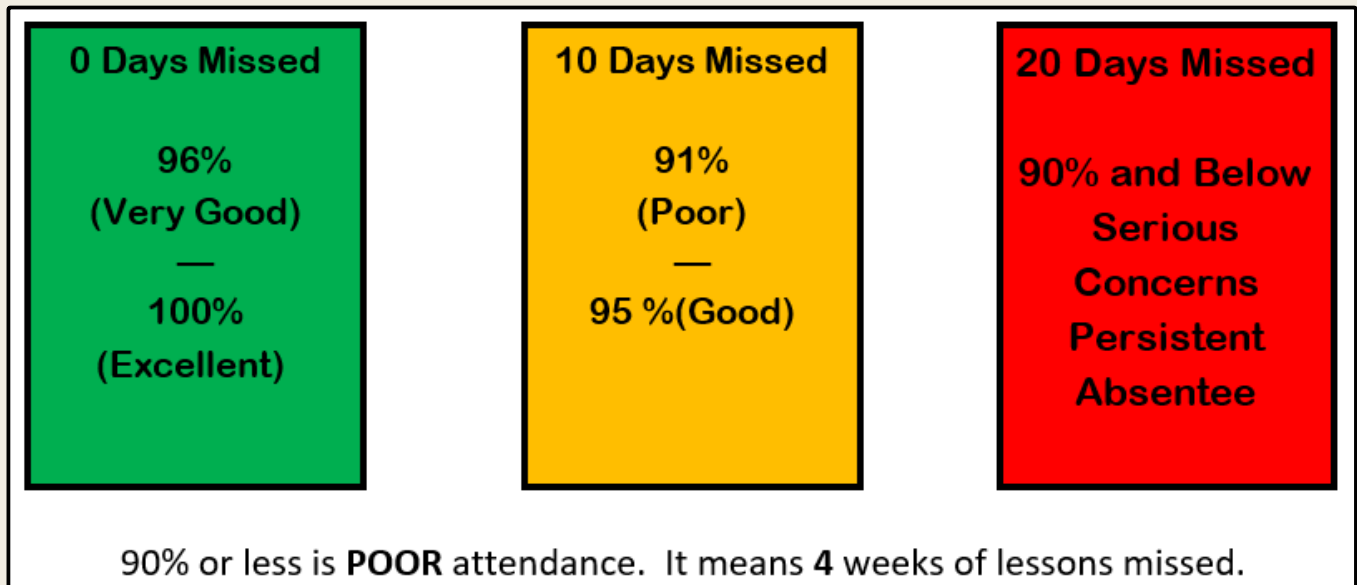
School Schedule	Time
Gates Open	8.00am
School Starts/Form Time	8.40am
School Finishes (Monday, Tuesday, Wednesday, Friday)	3.30pm
School Finishes (Thursday)	2.25pm

How Absence Affects your Child's Attendance?

Did you know?

Your child is expected to attend school for 190 days each year.

There are 175 non-school days each year. This means you have **175 days** to spend on family time, visits, holidays, shopping, household jobs and other appointments.



ATTENDANCE NEWSLETTER cont.

Improving your Child's Attendance

Did you know? Your child receives two attendance marks per day—one for the morning and another for the afternoon.

If you have reported your child unwell in the morning, but they feel better later, you can bring them back to school. Receiving an afternoon attendance mark helps improve their attendance. If your child has an appointment during school hours please bring them to school, whenever possible, before and after the appointment.

Evidence to Support Absences

*You may be asked to provide evidence to support your child/ren's absences if attendance is a cause of concern, where we appreciate it could be difficult to be able to get a sick note, here are some examples of evidence that can be supplied - appointment cards or letters, copies of prescribed medicines, labels or prescriptions. You can email copies of documentation, screenshots to the attendance email which is **heron.attendance@northstartrust.org.uk**. When evidence is provided to support absences, absences are authorised.*

The Importance of Punctuality

Why It Matters:

- Arriving on time sets a positive tone for the day, allowing your child to fully engage in learning and activities.

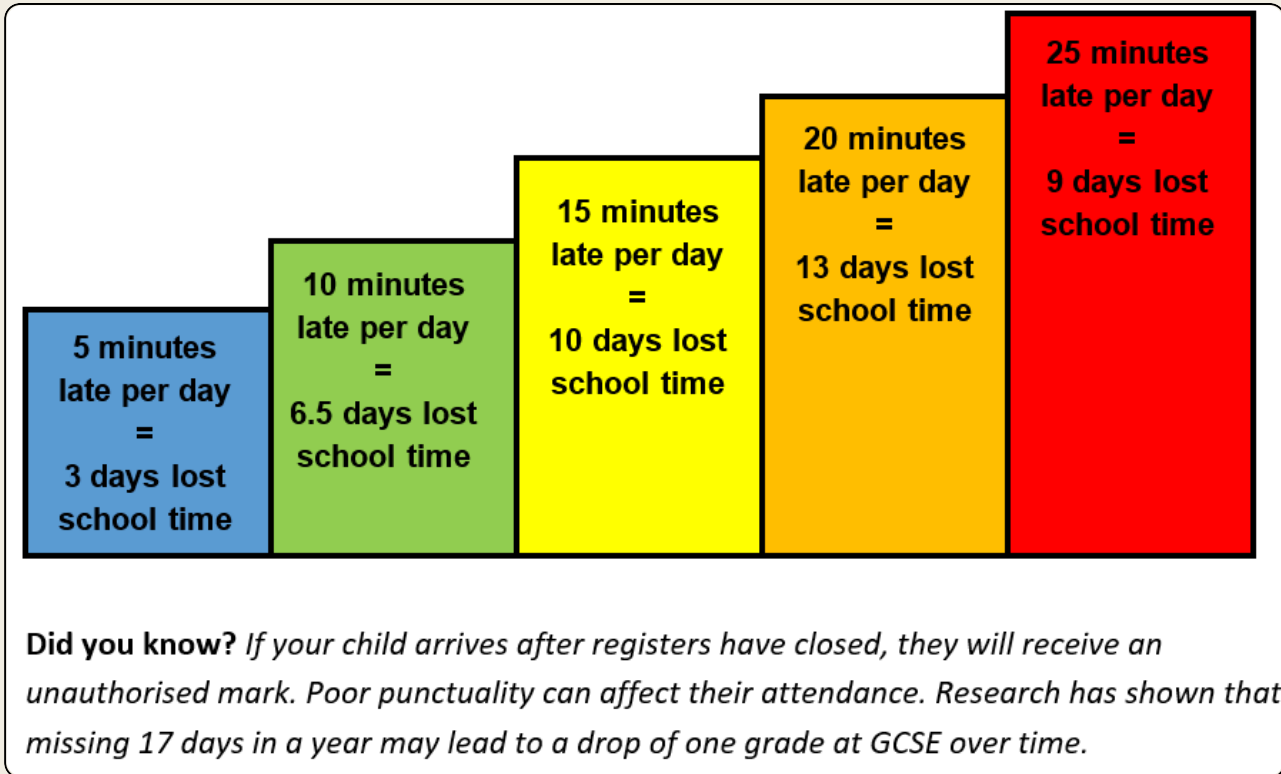
Benefits of Being on Time:

- Good attendance leads to more learning opportunities and increased achievement.
- Punctual students are better prepared and less likely to miss important instructions.

Tips for Building a Routine:

- Prepare clothes and bags the night before.
- Aim to leave home with a few extra minutes to spare.

ATTENDANCE NEWSLETTER cont.



If you need support to improve your child’s attendance or punctuality, we are happy to meet with you to discuss any issues you feel are affecting your child’s attendance as well as provide support and advice. Please contact Mrs Mendez, the Attendance Lead via heron.attendance@northstartrust.org.uk.

For safeguarding purposes, please notify the school by 8.30am if your child will be absent.



The Jack Petchey Achievement Award Scheme: Recognising Excellence


We are excited to announce the launch of this year's Jack Petchey Achievement Award Scheme, a flagship programme that celebrates outstanding young people aged 11-25 across London and Essex.



The Achievement Awards hold different meanings for each recipient. They are not just about academic success but also about recognising personal triumphs—whether it's a student overcoming a challenge, stepping outside their comfort zone, or demonstrating exceptional teamwork. These awards celebrate the diverse achievements that make each young person shine.

What makes the scheme unique is that nominees are selected by their peers within their school or youth organisation. This encourages young people to actively recognise and celebrate the hard work and contributions of those around them.

This year, we invite students from all year groups to participate by nominating someone they believe deserves this prestigious recognition.

Jack Petchey Award Scheme



To nominate someone for a Jack Petchey Award, please use the link below to access to Google Form:

<https://forms.gle/8dQNfTunLxPxvYgw8>

This link will be shared in your year group google classroom.

Our S.T.R.I.V.E values fit perfectly to what a Jack Petchey Award winner should embrace.

YEAR 11 - MOCK EXAM GRADES AND NEXT STEPS FOR GCSE SUCCESS

Year 11 students will receive their mock grades during Parents' Evening on Thursday, 5th December. These grades are an important checkpoint on the journey to the GCSE exams, which commence in May 2025. Over the coming months, it's vital for students to maintain steady and focused revision to build on their progress.



How to Help Your Child Improve Their Grades After Mock Exams

Mocks are a valuable opportunity to reflect and grow. Here are some practical tips to support your child in making the most of their experience:

1. Reflect on What Went Wrong

Encourage your child to revisit their mock exam papers to identify missed marks and gaps in their knowledge. While it can be tempting to ignore disappointing results, learning from mistakes is crucial for improvement. Help them highlight areas for extra attention in their revision notes or textbooks for easy reference later.

2. Create a Realistic Revision Timetable

Knowing what to focus on is key. Work with your child to create a manageable revision schedule that balances study with breaks, social time, and relaxation. You can download a ready-made template to save time and get started straight away.

3. Experiment With New Revision Methods

If previous revision strategies didn't work, it's worth trying something new. Encourage your child to explore different techniques, such as mind maps, flashcards, or teaching others. Mixing up methods can make revision more engaging and effective.

4. Seek Advice and Support

Teachers are an invaluable resource. Encourage your child to ask their teacher for tailored advice, extra exercises, or practice questions. They can also reach out to friends who excelled in certain areas for peer support.

5. Test Yourself

Practicing under exam conditions is a great way to track progress. Your child could attempt their mock exam again or use past papers to test their knowledge and identify any remaining gaps. Over time, they should notice improvements and gain confidence.

Finally, remind your child that exam results are not the only measure of success. There are many paths to achieving their goals, even if the results aren't what they hoped for. For additional tips and revision techniques, sign up for regular updates to support your child in reaching their full potential.

Let's work together to help the students achieve their best!

HERON HALL'S FOOD BANK

We'd like to remind families that the **Heron Hall's Food Bank** is available for those in need. With expanded storage facilities, we are now able to offer more dried food goods to help support even more families.



The food bank is centrally organised and operated from the main school office. We understand that these may be challenging times for some, and we want to assure you that help is available. If you feel you could benefit from the Heron Hall's Food Bank, please don't hesitate to contact the school office for assistance.

HHA PTA ONLINE PRELOVED UNIFORM SHOP...COMING SOON

We are excited to announce the upcoming launch of the Heron Hall Academy Online Preloved Uniform Shop, an initiative aimed at providing a convenient and sustainable solution for uniform needs within our school community.



The launch of the Online Preloved Uniform Shop aligns with our commitment to fostering a culture of sustainability and resourcefulness at Heron Hall Academy. It also reflects our dedication to supporting families by providing practical solutions to everyday needs. In the meantime, you can purchase uniform by emailing the office at:

heron@northstartrust.org.uk

Preloved Uniform Item	Price
Blazer	£10
Jumper	£5
Shirt	£5

HOMWORK CLUB

Homework plays a vital role in the academic development of our students. It reinforces what they've learned in the classroom, helps build independent learning skills, and prepares them for upcoming lessons.



At Heron Hall Academy, we recognise the value of consistent practise and revision, and that's why all homework is assigned through **Satchel One**, our homework online platform.

By using **Satchel One**, both you and your child/children can easily access homework tasks, track deadlines, and stay organised. We encourage you to check in regularly to ensure your child is keeping up with their assignments.

Homework Expectation for each subject

Years 7, 8 & 9	1 piece per week
Years 10 & 11	1 piece per week 1 targeted revision
Years 12 & 13	1 piece per week 1 targeted revision 1 further reading / activity

Homework Club

We understand that completing homework can sometimes be challenging for students, which is why we are pleased to offer additional support through our Homework Club. We will be running the club three times a week in the school library from **3:30pm to 4:30pm**.

This is a great opportunity for students to receive help with their homework in a quiet, focused environment. Staff will be on hand to assist with any questions, ensuring that students stay on track and complete their assignments on time.

Monday	Wednesday	Friday
Year 7, 8, 9	Any Year Group	Year 10, 11, 12, 13

EXTRA-CURRICULAR CLUBS AT HERON HALL ACADEMY: ENRICHING STUDENT EXPERIENCE

At Heron Hall Academy, we take great pride in our comprehensive Extra-Curricular programme, designed to enrich and enhance our pupils' school experience. These activities provide an excellent opportunity for students to explore interests beyond their academic subjects, ranging from coding, sports, and robotics to baking.



By engaging in these diverse clubs, students not only build new skills but also foster creativity, teamwork, and leadership. Our aim is to produce well-rounded, visionary members of society who are equipped to succeed both inside and outside the classroom.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. The schedule of the extra-curricula clubs is below:

	CLUB	TIME	PLACE	STAFF	STUDENTS
MONDAY	Robotics Club	Lunchtime 12.35pm - 1.15pm	S1.1	Mr Olayebo	KS3 – Years 7-9
	Homework Club	After School 3.30pm – 4.30pm	Library	Mr Kenan	All Years
	Girls Netball	After School 3:30pm – 4:30pm	MUGA / Sports Hall	Madam Grimes	All Years
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Meremikwu	Year 8
	KS4 Art Club	After School 3.30pm – 5.00pm	S.2:7	Madam Knightley	Years 10-11
TUESDAY	Cooking Club	After School 3:30pm -4.30pm	S0.1	Madam Ellis	All Years
	Coding Club	After School 3:30pm – 4:30pm	S1.5	Mr Rahman	All Years
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 7
WEDNESDAY	English Intervention	After School 3.30pm-4.30pm	N1.1/W1.4	Mr Jablonka	Year 11
	Film Club	Lunchtime 12.40pm- 1.10pm	N1.7	Madam Broomes	All Years
	Girls Football	After School 3:30pm – 4:30pm	Astro	Madam Vales	Years 7-9
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Charles	Year 9
THURSDAY	Sewing Club	Lunchtime 12.40pm- 1.10pm	S0.1	Madam Ellis	All Years
	KS4 Art Club	Lunchtime 12.40pm- 1.10pm	S.2:7	Madam Knightley	Years 10 & 11
FRIDAY	Author Club	After School 3.45-4.30pm	W1.4	Mr Jablonka	All Years
	KS4 Composition Surgery	Lunchtime 12.35pm- 1.15pm	S2.4	Madam Hester / Mr Tosh	Years 10 & 11
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 10

Extra-Curricular Clubs at Heron Hall Academy: Enriching Student Experience cont.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. **You can sign your child up for a club via Arbor.**

How to join

Free clubs on the Parent Portal

The club information page will display membership and timetable information. Any existing membership into the club for the pupil will be displayed. **To sign your child up for the club, click on Register For This Club in the top right-hand corner of the page.**

Sams Cool Club (2020/2021)

Registration Information
Registration status: Anna is not registered for this club yet. Click "Register for this club" button to register.

Anna's Memberships
No memberships

Available Membership Options

Weekly Sign-up	Availability	Fee
	03 Aug 2020, 11.28 - ongoing	Free

Club Timetable

Weekly Sessions	
Every Monday: 07:00 - 08:00	Scheduled
Between: 28 Sep 2020 - 31 Aug 2021 (term-time only)	
Every Wednesday: 07:00 - 08:00	Scheduled
Between: 02 Sep 2020 - 31 Aug 2021 (term-time only)	
Every Friday: 07:00 - 08:00	Scheduled
Between: 28 Sep 2020 - 31 Aug 2021 (term-time only)	

Attachments
Register Anna for this club



How to join

On the Parent App

To sign up for a club, click the menu icon at the bottom left of your screen. **Select Clubs.**

Quick Actions

- Behaviour
- Attendance
- Progress
- Trips
- Clubs**
- Report Cards
- Payments
- Examinations

Anxiety disorders in children

It's normal for children to feel worried or anxious from time to time, like when they're starting school or nursery, or moving to a new area.

Anxiety is a feeling of unease, like worry or fear. It's an understandable reaction in children to change or a stressful event. But for some children, anxiety affects their behaviour and thoughts on a daily basis. This can interfere with their school, home and social life. If your child is anxious for a period of time and it's impacting on day to day life you may need to speak to a healthcare professional to help support your child. For example, if they feel they cannot go to school or see their friends anymore. So how do you know when your child's anxiety has reached this stage?



What are the signs of anxiety in children?

Anxiety can make a child feel scared, panicky, embarrassed or ashamed.

Some of the signs to look out for in your child are:

- finding it hard to concentrate
- not sleeping, or waking in the night
- not eating properly
- quickly getting angry or irritable, and being out of control during outbursts
- constantly worrying or having negative thoughts
- feeling tense and fidgety, or using the toilet often
- always crying
- being clingy all the time (when other children are ok)
- complaining of tummy aches and feeling unwell
- being withdrawn and not wanting to do things they used to enjoy

Your child may not be old enough to recognise why they're feeling this way.

The reason for the anxiety (if there is one) will differ depending on the age of the child. Separation anxiety is common in younger children. Older children and teenagers tend to worry more about school performance, relationships or health.

Next edition: Types of anxiety

HEALTH AND WELLBEING



Food pantry available for those in need

Do you need support with the cost of food? A Food Pantry, which looks similar to a shop, can provide you with a heavily discounted food shop helping you to make your money stretch further. Enfield has five pantries at Enfield Town, Edmonton Green, Ordnance Road, Bounces Road and Fore Street. A weekly membership fee is between £3.50 and £4.50 and will allow you to shop at the pantry each week. [Visit the Enfield Council website](#) to find out more information and get information about alternative food support such as Food co-operatives and local food banks.



Discover support and find success with WorkWell

Are you living in North London and facing health challenges that impact your work life or your ability to get back into the workforce? [WorkWell](#) is a new work and health service that supports residents with health conditions to enter, remain in, or return to work. It offers personalised support from Work and Health Coaches, access to services like physiotherapy and counselling, and advice on workplace adjustments. Whether you are an individual who would like to apply to WorkWell for yourself, or you are applying on behalf of someone you are supporting, simply fill in the [expression of Interest form](#).



HEALTH AND WELLBEING



Free drop-in sessions to discuss your child's development

Have you heard of the new Universal Therapies Team for Enfield residents? This team offers drop-in sessions where you can meet professional therapists to discuss your child's physical development and mobility, access support related to speech and language or talk about occupational therapy options. The advice and guidance is aimed at parents and carers of children up to the age of five years. The sessions are a partnership between North Mid in the Community, NHS and Enfield Council.

[Find out where you can access these services and on which days.](#)



Illnesses among children: Should I send my child to school?

The arrival of autumn has brought out the usual childhood illnesses and sometimes it can be difficult to know whether or not to keep your child off school. Of course if your child is too uncomfortable to attend, then you should keep them off until they are feeling better. However, your child might be suffering from an illness that they can still go to school with, for example coughs and colds, ear infections, hand, foot and mouth disease and more. You can find a list of common childhood illnesses and the [NHS advice on whether or not to send them to school here.](#)



Early Help Directory

Welcome to 'Enfield's Early Help Directory 4 All' This directory brings together local and national services to support children, families, community members...

★ Early Help Directory

Entertainment



Christmas arrives in Enfield

The festive season is almost here and we'd love for you to join us at one of the town centre light switch-ons. Perhaps you'd like to see the Mayor of Enfield who will be switching on Christmas lights in Palmers Green on 21 November. Or join the Parade of Lights in Enfield Town on 1 December. A Festive Fun Day of arts, crafts and live performances will take place at the same time at Dugdale Arts Centre. [Find out more here](#). There will be a community Christmas event at Angel Yard with mulled wine and mince pies on 28 November. Not sure which town centre to visit? Take a look at our handy list of events below.



Aladdin and the Legion of Genies

It's time! Panto season is back, and the Millfield Theatre is ready to entertain you this December. Come along to an enchanting evening of family fun with the classic tale of Aladdin – but this time, Aladdin will be accompanied by a legion of genies. Prepare for a night of laughter, hilarious comedy, dazzling costumes, and sing along to the captivating melodies throughout the show. Don't miss out on this unforgettable pantomime experience, right on your doorstep. [Book your tickets today](#) and embark on a magical adventure. Performances are selling out so get on your magic carpet and secure your ticket!



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FINANCIAL HELP



Changes to six benefits and tax credits

We know that concerns about your finances can be stressful. That's why it's important to [know what is happening with six benefits and tax credits](#). Housing Benefit, Income Support, Income-Based Job Seeker's Allowance, Income-Related Employment and Support Allowance, Working Tax Credits and Child Tax Credits will be combined into one single monthly payment. People who receive these benefits will receive a 'Migration Notice' to let them know they need to claim Universal Credit instead. Payments won't be moved automatically. Don't ignore your letter as it explains what you need to do next.



Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping...

★ Early Help Directory

Urgent mental health support - 24/7 crisis lines



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME
Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine